

Valley Greenway Project Honored at City Summit



Valley representatives at the Feb. 15 Clean and Green summit included: (l-r) Robert Lehman (Keeper of the List); Crezia Tano (VIBOOM Program Manager); Fran Martin (Visitation Valley Planning Alliance); and Siwen Gao (SFSU intern).

San Francisco's Department of Public Works acknowledged and honored neighborhood resident Fran Martin's efforts through the Visitation Valley Greenway Project with an award during the 2006 Clean and Green City Summit on Feb. 15 in Golden Gate Park.

There were also awards presented for Spirit of Community Involvement, Leadership and Innovation.

Four representatives from Visitation Valley attended the Summit, which also presented 12 workshops, including: *Permeable Landscaping and Street Parks*, *Growing Greener School Grounds and Equipment and Tools to Clean and Green our City*.

"The Visitation Valley Greenway Project began in 1996 in response to the community's desire to create a series of parks on six blocks of undeveloped land under the jurisdiction of the Water Department.

In partnership with the Trust for Public Land (TPL) and the Recreation and Park Department, the Greenway Project engages in three years of intense neighbor-

hood organizing and coordination with city agencies.

In 1999, the community began the process of developing the site as a beautiful outdoor classroom/communal backyard, which links the upper and Lowell reaches of the Valley.

More than \$1 million was raised through a unique public/private partnership. Hans Schiller Plaza is complete and design, construction and programming are ongoing on this open space project, which is already revitalizing Visitation Valley and providing a valuable resource to the community.

Fran Martin has been a visionary neighborhood leader." (SFDPW, Clean and Green Summit, February 2006).



Closing Celebration for Coffman Pool

Swimming demonstrations, dance groups and children performances were scheduled from 11 a.m. to 4 p.m. as part of the live entertainment marking the close of Coffman Pool on Saturday, Feb. 25 for the rebuilding of the facility.

Coffman staff will remain at the pool for a few days later to clear all equipment and supplies out of the building prior to handing it over to the contractor.

Construction at the site, located at 1700 Visitation Ave. (at Hahn Street) is budgeted for just under \$8 million and will take at least 18 months to complete. Coffman Pool is scheduled to reopen in September 2007.

A conceptual plan developed four years ago with input from users and community members calls for the construction of a new building to replace the existing one. The existing pool shell and pool mechanical room were assessed to be in sound condition and will be updated.

The new plan includes a new entry lobby, reception area, public restrooms, locker rooms, a family changing room, staff and support spaces, and an outdoor patio.

Although an original plan for reconstruction was approved in January 2003, real construction estimates were reportedly exceeding budget.

San Francisco Rec & Parks reached an agreement with contractor Angotti & Reilly within the current budget late in 2005, approving a contract for reconstruction at a commission meeting on Jan. 19.

Comprising of 10,000 square-feet, Coffman Pool was constructed in 1957 and opened to the public on Nov. 15, 1958 within the Herz Playground at the southeastern entrance of McLaren Park. The existing facility has a 100 by 40-foot swimming pool and is home to several youth and adult teams.

Aquatic programs include recreational swim, learn to swim classes, water aerobics, underwater hockey, and lap swim.

Police Department Planning to Hire 620 New Officers in Next Three Years

Mayor Gavin Newsom on Feb. 9 announced that the San Francisco Police Department will hire 620 new officers over the next three years.

In addition to increasing police staffing, the Mayor also proposed a strategic investment of \$16.5 in anti-violence initiatives citywide.

The new officers are considered a critical component of the new anti-violence investment.

The proposed anti-violence investment includes expanding the Community Safety Camera pilot; enhanced lighting in public housing developments; development of a long-term capital plan for Log Cabin Ranch; a \$1 million investment in Rec and Park to begin the planning phase for Hamilton Pool, Rolph and Potrero Playgrounds; and a Western Addition Bookmobile that will provide programming throughout that neighborhood while the branch library there undergoes a complete renovation.

Mayor Newsom called the hiring of 620 new officers "critical to the City's safety," saying, "These new police officers will help bring peace to our streets by ensuring that more officers are walking a beat, getting to know residents and better able to respond to the needs of the community. Our proposed investment in anti-violence strategies will help bring peace of mind to families and our youth by improving quality of life in

troubled neighborhoods and creating opportunities to leave the cycle of violence."

Police Chief Heather Fong called the Mayor's proposal "a much-needed investment in personnel and the City's public safety infrastructure," saying "As we've seen with the strategic redeployment in the Western Addition and the Bayview, the first step toward safer streets is more officers walking a beat and getting to know the community they serve. The Mayor's proposal further strengthens our capacity to stop violence by investing in the technology we need to track, investigate and help prosecute crime."

The multi-year staffing plan, among the first of its kind ever developed by the Department, addresses the projected increase in retirements over the next several years and is seen as an essential step toward increasing beat patrols, expanding investigative capacity, and reducing overtime costs. Additionally, the staffing plan will make every effort to ensure that the Police Department reflects the diversity of the City of San Francisco.

Further expanding the Police Department's capacity to fight crime and investigate it effectively, the Mayor's proposed anti-violence investment would make a significant investment in the Department's technology capabilities.

Falling Gasoline Prices in California Still Far from a Bargain

Up a lot, then down a little. That's the trend in gas prices over the last month, according to a new report from AAA of Northern California, which tracks fuel costs as a service to consumers.

The statewide average cost of a gallon of regular unleaded is \$2.56. Even though the price of gas in California has dropped a couple of cents in the last week, it's up 20 cents from AAA's last survey on January 10. Drivers are still paying an average price that is 48 cents higher than a year ago.

"Prices are high, the question is why?" said Sean Comey, spokesman for AAA of Northern California. "We have enough crude oil and gasoline to meet current demand and yet the cost of fuel continues to cause budget concerns for many consumers."

Fuel prices have become particularly

unstable in the past few weeks. Recent world events from rioting and unrest in the Middle East to Venezuela's threat to divert their oil exports away from the United States have caused concern among oil and gasoline producers.

On the plus side, industry analysts say domestic crude oil and refined product inventories are growing. However, the balance between supply and demand is so tight that any event, large or small, can have an effect on prices.

The most expensive average gas price in Northern California communities where AAA monitors fuel costs is in Eureka, where regular unleaded sells for \$2.80 per gallon. The lowest price among California cities tracked by AAA is in Marysville, where gas costs an average of \$2.36 per gallon. Throughout Northern California, the average price is \$2.56. In the Bay Area, the average price is \$2.55. The statewide record high price of \$3.05 was set on September 9, 2005.

The nationwide average price is \$2.29 per gallon, down three cents from a month ago. The national average is 27 cents per gallon lower than the California statewide average price. The least expensive gasoline in the country is found in Columbia, Missouri, where the average gas price is \$2.03. The highest average price for gas in the United States is in Wailuku, Hawaii, where a gallon of regular unleaded sells for \$3.10.

One way consumers can reduce the amount of money they spend on fuel is to shop aggressively for

the lowest price. AAA of Northern California has a tool that can help, located online at www.aaa.com/gasprices.

New Leland Avenue Would Have Better Lighting, More Trees

Building on input received in two previous workshops and a merchants workshop, the local community on Feb. 11 was invited to provide final comments on a draft design for a proposed makeover of Leland Avenue.

Most suggestions called for better street lighting and crosswalks, with more greenery planted that would be easily maintained. This community feedback will be incorporated into a final design.

In the two previous workshops, the intersections of Leland and Bayshore Boulevard, Leland and Peabody Street, and Leland and Rutland Street were identified as the three most important intersections in the Valley's business district.

A street designed completed by Van Meter Williams Pollack, a local organization specializing in community development, has additional trees being added along Leland interspersed with attractive lighting, seating adjacent to various businesses and the reconfiguration of sidewalk widths to incorporate additional greenery in planter boxes.

Proposals were also made for inclusion of artistic street pieces, the undergrounding of overhead utility



Neighborhood participants examined and commented on sketches detailing vast improvements for Leland Avenue at a design workshop on Feb. 11.

wires, and slightly raising the intersection at Peabody adjacent to Hans Schiller Plaza for speed control.

All Proposed improvements are contingent on up to \$3 million of funding needed to complete the project, which could take up to a year.

The first workshop on Oct. 22 introduced community members to the project, existing conditions on Leland Avenue, and the scope of possible improvements. Participants discussed their issues and concerns with Leland Avenue, and

their goals and preliminary ideas for its new design.

During a second workshop on Dec. 10, participants took part in a hands-on interactive exercise to identify preferred design approaches to Leland Avenue, and to formulate individual streetscape elements that could be combined to create a complete design.

There was also a special Merchants Workshop held on Dec. 6 to update Leland Avenue businesses on the streetscape design.

Grapevine Mailbox

Not Your Usual Prayer

It seems prayer still upsets some people. When Minister Joe Wright was recently asked to open the new session of the Kansas Senate, everyone was expecting the usual generalities, but this is what they heard:

"Heavenly Father, we come before you today to ask your forgiveness and to seek your direction and guidance. We know Your Word says, 'Woe to those who call evil good,' but that is exactly what we have done. We have lost our spiritual equilibrium and reversed our values.

Making San Francisco a Clean and Livable City

by Mayor Gavin Newsom

As many of you know, my mantra since taking office has been, "As a city, we can do better." As a new year begins, I am dedicated to continue to build a more beautiful and livable city. However, I cannot do this alone and I need your assistance to help me meet this challenge. To begin with, we must set higher standards for making our city look its best and develop new ways to measure our success.

Meeting this challenge requires fresh ideas and innovative thinking. So, on February 15, 2006, the Department of Public Works and the San Francisco Clean City Coalition will join me in hosting a Clean and Green City Summit at the San Francisco County Fair Building, with "World Class City, World Class Standards" as its theme. The daylong program of workshops and inspirational guest speakers will bring together merchants, residents, civic leaders, community organizations, city officials and frontline agency staff to discuss and define world class standards for the City's cleaning and greening programs, beginning with our new "Livable City Initiative."

Launched last June after the signing of the UN World Environmental Accords, the "Livable City Initiative" is a major effort to make our city a world leader in city greening by 2010. It calls for a bold public/private partnership with our neighborhoods to dramatically improve the beauty and safety of our streets, to create new green spaces for residents and businesses, and to improve our urban environment by making greening a core priority of the everyday work of city departments and the management of the city's infrastructure.

Over the next year, we will invest \$11 million dollars to plant the medians of our major thoroughfares, create distinctive gateways for our retail corridors, add 25,000 new street trees to the urban canopy, make schoolyard gardens take root, and transform unused public rights-of-way into landscaped, friendly green spaces. We will also create a matching grant program called the Community Challenge Fund to encourage neighborhoods to partner with the city and transform unused public lands, medians and sidewalks into landscaped, friendly green spaces.

Many of these issues and programs were highlighted in our recent Clean and Green City Summit held in February. This forum proved to be a great resource for exchanging information and ideals about creating a greener San Francisco. Equally, the forum generated lively and thought-provoking exchanges that are expected to produce both public policy initiatives and nuts-and-bolts solutions. The summit offered members of the community a chance to interact with representatives of city agencies, members

We have exploited the poor and called it the lottery.

We have rewarded laziness and called it welfare.

We have killed our unborn and called it choice.

We have shot abortionists and called it justifiable.

We have neglected to discipline our children and called it building self esteem.

We have abused power and called it politics.

We have coveted our neighbor's possessions and called it ambition.

We have polluted the air with profanity and pornography and called it freedom of expression.

We have ridiculed the time-honored values of our forefathers and

called it enlightenment.

Search us, Oh, God, and know our hearts today; cleanse us from every sin and set us free. Amen!"

The response was immediate. A number of legislators walked out during the prayer in protest. In six short weeks, Central Christian Church, where Rev. Wright is pastor, logged more than 5,000 phone calls with only 47 of those calls responding negatively. The church is now receiving international requests for copies of this prayer from India, Africa and Korea.

Commentator Paul Harvey aired this prayer on his radio program, *The Rest of the Story*, and received a larger response to this program than any other he has ever aired.

of the Board of Supervisors and myself in order to create a world class vision for a more livable and sustainable city. You may get more information on the Clean and Green City Summit by visiting the Department of Public Works web site at www.sfdpw.org or by calling 55-GREEN (554-7336).

For those of you who missed the Summit but want to get involved, we will turn our talk into green action by hosting a series of community tree planting events and a community fair on Arbor Day, March 18.

Last March, I set a goal of planting 5,000 trees in San Francisco by Arbor Day in March 2006.

Composting and Gardening Classes in March

Classes are held on Saturdays at the Garden for the Environment, 7th Avenue at Lawton Street. Call 731-5627 for a more information or to pre-register.

*Mar. 4: *Urban Composting*, 10 a.m. to 12 noon - Don't let your food scraps go to waste! The City found that nearly 45 percent of San Francisco's residential garbage is valuable organic material that can be composted into rich fertilizer for your soil. Learn what you can do to reduce waste, save money and help the environment. This class will cover the basics of both backyard and worm composting. Free!

*Mar. 11: *Growing Food in San Francisco*, 10 a.m. to 1 p.m. - As city dwellers, most of us are used to eating food shipped here from hundreds or thousands of miles away. But eating food we grow ourselves is both more sustainable and more empowering, and you don't have to know a lot about gardening or have a big yard to get started. Come learn some basics about how and why to grow food in San Francisco. Pre-registration required. Free!

*Mar. 18: *Landscape and Garden Design*, 10 a.m. to 1 p.m. - Learn the basics of sustainable, resource efficient garden design from coordinating plant colors and layout to creating theme gardens. Explore ways

During the week leading up to Arbor Day, the Department of Public Works will plant more than 500 street trees and other city agencies will "lead by example" by providing staff to participate in these plantings.

On Arbor Day, Recreation and Parks Department and the Friends of the Urban Forest will join DPW in planting many more street trees at community sites. We will need many willing hands to meet our goal. If you would like to join me in celebrating tree planting and care by becoming an Arbor Day volunteer on March 18, please call 415-554-5447 or log on to www.sfarborday.org for more information.

you can enhance an existing landscape or plan for a new one. Pre-registration required. This workshop is part of our Resource Efficient Landscaping Education Program. Free!

*Mar. 25: *Natural Pest and Disease Management*, 10 a.m. to 1 p.m. - Got pests? Basics of Integrated Pest Management (IPM) will be covered in this workshop, focusing on least toxic organic controls to deal with landscape pests and diseases. Learn to create an ecosystem in your garden by planting to attract wildlife and a diversity of beneficial insects, which will help prevent pest problems. Pre-registration required. This workshop is part of a Resource Efficient Landscaping Education Program. Free!

Contributing Stories To the Grapevine

Contributions to the Visitacion Valley Grapevine may be e-mailed to visvalley@earthlink.net or be sent to 50 Raymond Ave., San Francisco, CA 94134 by the 15th of the prior month of publication. Call (415) 467-9300 or Fax (415) 467-3757. The Grapevine office is located on the second floor of the Visitacion Valley Community Center.

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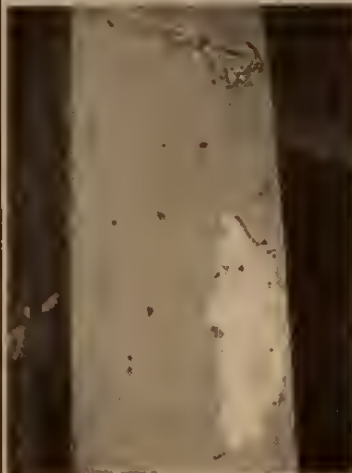
Valley Post Office Due for Repairs



Visitacion Valley's Post Office at 68 Leland Ave., is due for repairs this spring.

by Crezia Tano

In an ongoing effort to ensure the economic, physical, and social development of the Leland/Bayshore Corridor, VVBOOM (Visitacion Valley Business Opportunity Outreach to Merchants) has sent a letter to the post office stating its concerns of specific physical problems with the building. Chipping paint, graffiti near public telephones, and poor condition of access doors on the exterior of the building are just some of the problems the post office has been made aware.



Chipping paint at the Post Office.

In response to this letter, the post office researched what could be done to abate these issues and they have stated that the Visitacion Valley Post Office is due for repairs in March/April of 2006. Specifics of what issues will be dealt with in the abatement are unclear and there is no list of what repairs will be completed in March/April 2006.

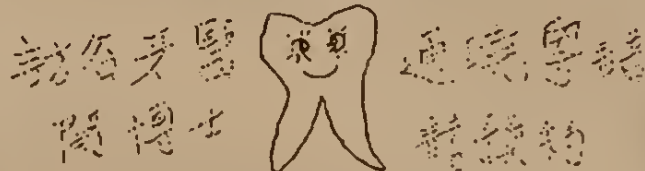
VVBOOM feels that these types of repairs are long overdue, and can make a large impact, both visually and socially. We would like to know what repairs the community feels need to be addressed. An organized collaborative effort is more efficient in ensuring that the community's concerns are promptly addressed and that a record is kept.

Please send your comments to: Crezia Tano, VVBOOM Program Manager, 1099 Sunnydale Ave., San Francisco, CA 94134. Or you can e-mail your thoughts to ctano@vvdc.org placing the words POST OFFICE in the subject line. These letters will be compiled and provided to the Post Office.

If you have any questions or concerns please contact Crezia Tano at (415) 587-7896 ext. 104.

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Come to Church This Week



Editor: Len Applano
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Saturday Green and Clean at Little Hollywood Park.



Members of the community joined other spirited volunteers the morning of Feb. 11 to weed and plant new greenery at Little Hollywood Park along with the Little Hollywood Neighborhood Association and San Francisco Recreation and Park Department. This event was part of the Community Clean Team District 6 and 10 sponsored by the RPD, DPW, San Francisco Parks Trust, and Clean City Coalition.

Top Seven Important Things You Need But Don't Buy

The Boys Scouts motto, "Be Prepared" makes a lot of sense in this day and age of hurricanes, terrorism, and crime. But most people aren't prepared.

According to retail expert, Francey Smith, "People won't think twice about buying a new sweater, I-Pod or HD Television, but when it comes to their safety and preparedness, they let those purchases take a back seat."

Smith is hoping to get word out to the masses to change this dynamic in 2006. "We all need to become active participants in our safety," she says. "After Hurricane Katrina, the Tsunami and headline after headline about hospital errors, car accidents and other misfortunes, we want our list to get people thinking about being better prepared."

1. **Prepared Paks** (starting at \$15 on <http://www.preparedpak.com>) - After the hurricanes devastated Sela Ward's native Mississippi, her 11-year old son, Austin Sherman, created emergency supply packs for car, home, pet and family. The paks contain everything you need for survival in a natural disaster or tragedy. One hundred percent of the proceeds goes to *Hope Village for Children* - with all proceeds benefiting *Victims of Hurricanes*.

2. **Patient Safety Video** (\$29.95 on <http://www.patientsafetyvideo.com>) - After news revealed that 98,000 Americans die each year due to medical errors in the hospital, with as many as two million patients contracting infections from U.S. hospitals or medical centers each year, accounting for 90,000 deaths, four independent filmmakers created *Things You Should Know Before Entering the Hospital*. The film gives viewers a step-by-step guide based on the advice of experts and experiences of real patients. It contains important information on how a patient and their advocate can help avoid medical errors. It addresses questions such as: How do you avoid wrong-site surgery? Why is hand washing so important? Why do you need an advocate? How do you avoid medication errors? How do you become an advocate? Plus much more, including: "How to avoid infection."

3. **Car Maintenance Inspection** (\$25.00 to \$50.00) - There is nothing worse than taking off for a driving vacation and two hours out on the road you encounter car problems. According to the Car Care Council (CCC), "Tow truck operators in resort areas or along Interstate highways see all too many travelers forced to return home ahead of schedule due to car trouble. The situation usually means more than just a repair bill and can involve towing charges, lodging and possibly a rental car. Add to that the cost of extra phone calls, meals and general inconvenience and the ordeal becomes expensive. Additionally, the CCC reports that poor vehicle maintenance is responsible for five percent of road accidents involving 2,600 deaths and 100,000 disabling injuries each year. Joel Burrows,

a.k.a. "The Car Doctor" and VP of Training/R&D at Precision Tune Auto Car Care explains that most auto repair and maintenance centers offer a pre-trip inspection.

4. **Smoke Alarms and Fire Extinguishers** - (\$13.99 - \$129 and \$10.00 - \$40.00 at Home Depot and Lowes Hardware) - Nearly 3,400 people died each year in fires, according to a study released by the Federal Emergency Management Agency's U.S. Fire Administration. In a full two-thirds of these fires, smoke alarms are missing or not working. Underwriters Laboratory recommends that in addition to working smoke detectors, every household should have UL Listed fire extinguishers strategically placed in rooms such as the kitchen, garage or workshop. They advise that you don't just hang your extinguisher on the wall or in the cupboard but plan ahead. Read the instruction manual and know your extinguisher's capabilities before trying to fight a fire. Portable fire extinguishers are useful for putting out small fires, but recognize your limits and the limits of the extinguisher.

5. **Fire Proof Safes** - (\$149 - \$700.00 at Office Depot) - After every disaster, whether tornado, hurricane or fire, what people miss the most are their personal photos and papers. When purchasing a fire proof safe ask about water protection too. You want to

make sure that your personal items will be safe in the event of a fire or water damage.

6. **GPS Locator** - (\$30 - \$50 a month - <http://www.safequardian.com>) Imagine if you or one of you loved ones were injured on a desolate road with no idea where they are. Even with a cell phone, if you do not know where you are, you are at a loss. With the new GPS locator phones, all you would have to do is push one button, and an operator would be able to talk with you and dispatch emergency medical assistance to your exact location.

7. **Home Automated External Defibrillator** - (\$1,242 Philips HeartStart on Amazon.com) Defibrillators are used in cases of sudden cardiac arrest, a condition that kills about 220,000 people nationally each year, or 600 deaths each day, according to the American Heart Association (AHA). Conditions can be caused when the normal electricity that maintains the heartbeat is interrupted. Defibrillators issue an electrical shock that can restart this electrical charge. But time is crucial. "For every minute you're down, you lose 10 percent in brain function," said AHA spokeswoman Cindy Hawken. After 10 minutes, most people die. The association says automated external defibrillators can help victims of sudden cardiac arrest.

Lifesaving Program Launched by AAA For Teen Drivers

The statistics are grim: every sixteen hours a California teenager is killed in a car crash. In an effort to help teens cope with the dangers of the road, AAA of Northern California is launching Driver-ZED, a new computer program designed to teach teens lifesaving driving skills.

"Teen drivers are often inexperienced and overconfident," said Sean Comey, spokesperson for AAA of Northern California. "Driver-ZED is designed to help teens test their skills and prepare for potentially deadly driving situations before they face them for real on the road."

Driver-ZED is an interactive computer DVD-ROM that allows teen drivers to gain experience at recognizing dangerous driving situations in a safe virtual environment. The software offers teens more than 80 different live-action scenarios in a wide variety of driving venues - on highways, in towns and rural areas, and through road-work zones.

According to the Insurance Insti-

tute for Highway Safety, a 16-year-old is four times more likely to be involved in a fatal crash than a driver age 21 or older. Research by the California Highway Patrol found that teenage drivers comprise only four percent of the state's drivers, but account for almost 10 percent of its traffic fatalities. The National Highway Traffic Safety Administration says that 548 young people ages 16 to 20 were killed in car crashes in California in 2004.

"Whether or not you're the parent of a teen, these numbers are cause for anxiety," said Comey. "Every motorist in California shares the roads with young and inexperienced drivers. It's in the best interest of all drivers to make sure that teens get the very best driver training available."

Copies of Driver-ZED can be ordered at www.csa.com. The software is free for members of AAA of Northern California, Nevada and Utah. The cost for non-members is \$7. AAA is also donating copies to all high schools in Northern California. More information about Driver-ZED will be featured in the March/April issue of AAA's Via magazine.

New Approach to Ease Impulse Buying

by Suzon Tropez

***Minimize** - Minimize the temptation to buy on impulse. Buy items that really need and will use more than once. Think of your spending as an investment and that you must get a certain return on that investment. Set an arbitrary dollar amount as the net return and keep the asset until you achieve the full value for the item. Ask yourself: Do I really need this item?

***Invest** - Invest in a savings account, CDs or money markets account, but make sure the investment is not readily or easily available to you. This means you won't have a debit card or checks to access the funds. You can deny these tools when the bank offers them to you. When you withdraw funds from this account, you want it to be a thoughtful, deliberate decision and action. You want it to be inconvenient to access the funds, which will temper the use for impulse purchases. Ask yourself: Are these funds inconvenient for me to access?

***Save** - Make a habit of taking a few

extra dollars from each paycheck and put it aside in savings. It can be as little as \$25 per pay period or as much as you can afford. Have it automatically drafted to your savings account, a money market account or savings bonds. Don't rely upon yourself to deposit it. What you don't see and take home each pay period you won't miss, but you will benefit from it in the long run. Ask yourself: Can I afford to buy this item and still conduct my regular savings transaction?

***Safeguard** - Safeguard your credit. In a society that thrives on purchases over time, your credit is one of the most valuable tools under your control. Minimize the number of credit cards that you carry and pay the bill on time. Try to pay more than the minimal monthly payment or at least make the extra amount cover the finance charges, if you can. If you just can't resist temptation and decide to buy the item, then ask yourself: Can I afford to pay the bill on time when it arrives?

Suzon Tropez is the author of *High Waters*.



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The Sensible Environmentalist

Can Mold Make You Sick?

by Dr. Patrick Moore

Dear Dr. Moore:

Is it true that mold can cause serious health problems?

Certain people seem to be sensitive to mold, and report health problems that range from rashes to asthma attacks, lung infections, even neurological damage. But while the science is inconclusive, Hurricane Katrina has done a lot to raise the profile of the issue. With mold growing on practically every surface touched by the floodwaters, people are understandably concerned about potential health effects over the short and long term.

It's important to point out that there are literally millions of different types of mold spores, most of which are known to be harmless. Mold has the potential to grow in the air, water and on pretty well any surface—providing there's moisture, oxygen, a food source and moderate temperature.

Water that penetrates cracked siding can cause mold, as can a leaky roof or window, a bathtub that doesn't drain properly, or a washing machine that overflows. The signs may be subtle, such as a musty/earthy smell, stains on ceiling tiles or walls, or speckled walls around plumbing or tile. If you're susceptible, even many of the health effects—such as a rash or cough—can easily be blamed on other things, which is why some people become very sick before receiving proper treatment.

The best way to deal with mold is to prevent it in the first place. Control moisture by repairing damaged siding, fixing leaks, and making sure that bathrooms, dryers and other sources of moisture are ventilated to the outdoors. Use air conditioners and de-humidifiers, and add insulation to reduce the potential for condensation on cold surfaces. Damp surfaces and furnishings should always be dried within 48 hours.

What is certain is that mold can cause damage to your home—which isn't covered by most insurance policies—so getting rid of it makes sense. Clean minor growth on hard surfaces with a solution of chlorine and detergent or a borate-based detergent. (Porous items like carpets will likely have to be discarded). Wear a respirator, gloves, goggles and long sleeves, and start

with a small area to make sure you don't have an allergic reaction. If the problem is extensive or hard to reach, call a professional. And, of course, if you develop any health problems that might be related, see a doctor.

Dr. Patrick Moore has been a leader of the environmental movement for more than 30 years. A co-founder of Greenpeace, he holds a PhD in ecology and a BSc in forest biology. Questions can be sent to Patrick@SensibleEnvironmentalism.com.

Assemblyman Rates High in Conservation

SACRAMENTO – For his complete support of environmental legislation and votes on all 18 major environmental bills before the State Assembly, Speaker pro Tem Leland Yee (D-San Francisco/Daly City) received a 100 percent rating on the California League of Conservation Voters (CLVC) Legislative Report Card.

The priority bills on the scorecard included legislation to improve air quality, reduce global warming, limit coastal water pollution, recycle waste tires, and protect children from dangerous pesticides.

"As a legislator representing a number of natural resource and wildlife areas, I take great pride in receiving a 100 percent rating from the League of Conservation Voters," said Yee. "Recently our environment has been especially under attack, but fortunately the CLVC continues to be unwavering in protecting our most vital resources."

Yee authored one of the most important State Resolutions of 2005 in Assembly Joint Resolution (AJR) 14. AJR 14, which passed with overwhelming bipartisan support, declared California's opposition to recent Congressional efforts to weaken the long-standing federal offshore oil drilling moratorium.

"The protection of California's environment and especially our coastline is vital to our wildlife as well as our economy," said Yee. "I look forward to continuing to work



State Assembly Speaker Leland Yee

with the League of Conservation Voters in defending the environment from the big polluters who want to destroy the quality of our air, water, and land."

Last year, Yee also hosted a town hall meeting to help stop federal legislation that would have allowed public access to the Farallon Islands National Wildlife Refuge (FNWR).

"Any public access to this sensitive ecosystem will severely disturb the local wildlife and their habitats," said Yee. "Unfortunately, we must continue to battle the Congressional trend of peeling back important environmental protections."

Yee also scored 100 percent on the Sierra Club California Scorecard released earlier this year.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child

combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Mar. 11: Create a colorful Swiss Cheese Candle using ice cubes, old crayons, and recycled materials.

*Mar. 18: Get inspired by the Randall's full-scale, working, bird-safe Wind Turbine, then make your own mini turbine to take home.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Book Reviews

Lessons from a Millionaire

A new book recounting the true story of a millionaire's guidance offers what could be some valuable advice.

The book, *The 5 Lessons a Millionaire Taught Me About Life and Wealth* (Fireside/Simon & Schuster, \$14.95), chronicles the true story of a millionaire that taught author Richard Paul Evans, when he was young, the secrets of wealth. Evans says these lessons helped change his life. The book offers the following tips:

*Decide to be wealthy.

*Take responsibility for your money. Know how much you have; where your money comes from; where your money is going and what your money is doing.

*Keep a portion of everything you earn. Learn about the power of compound

Mayor Announces S.F. Youth Anti-Litter Poster Contest Winners

Mayor Gavin Newsom announced the winner of the City's Anti-Litter Poster Contest on Feb. 10.

Twenty-five 4th and 5th grade elementary school classes competed for the first prize, which are now being displayed in bus shelters and in Muni buses throughout the City.

"The anti-litter campaign seeks to encourage our youth to act on their commitment to the environment," said Mayor Newsom. "The poster contest was a fun and innovative way to get our young people involved with helping to promote a clean and livable city."

Yasmeen Lacayo of Glen Park Elementary School, first prize winner, received \$300 for her school's art supplies from the mayor's office in addition to seeing her anti-litter message around San Francisco. Second prize winner Tiffany Fong from Yick Wo Elementary and Ms. Douville's 4th grade class at Gordon J. Lau Elementary were also present and received second and third place prizes and arts supplies for their schools.

Cathay Pacific Airlines donated \$2,500 to print the campaign and CBS Outdoor has donated ad space and labor to put up the ads. The Department of Public Works (DPW), the Mayor's Education Office and the San Francisco Unified School District (SFUSD) worked with students to create the campaign.

DPW, the San Francisco PTA, SFUSD, the School Board, KidServe, SF Environment, Norcal Waste Systems, Inc., and the SF Clean City Coalition ranked the campaign and Mayor Newsom selected the winners.

The anti-litter campaign is part of Mayor Newsom's year-round anti-litter and graffiti efforts.

interest and start your nest egg.

*Have a millionaire mentality. Carefully consider each expenditure; believe that freedom and power are better than momentary pleasure; do not equate spending with happiness; protect the nest egg.

*Give back.

Richard Paul Evans is best known for his best-selling *The Christmas Box* books. A portion of proceeds from *The 5 Lessons* will be donated to The Christmas Box House International.

NAPS

San Francisco 1906 Earthquake and Fire

The first indication of the prolonged terror that followed the 1906 earthquake occurred when a ship steaming off San Francisco's Golden Gate "seemed to jump clear out of the water." The Great Earthquake and Firestorms of 1906: How San Francisco Nearly Destroyed Itself by Philip L. Fradkin (University of California Press, 2005) is a gripping account of the earthquake, the devastating firestorms that followed, and the city's subsequent reconstruction vividly shows how, after the shaking stopped, humans, not the forces of nature, nearly destroyed San Francisco in a remarkable display of simple ineptitude and power politics. Bolstered by previously unpublished eyewitness accounts and photographs, this definitive history of a fascinating city caught in the grip of the country's greatest urban disaster will forever change conventional understanding of an event one historian called "the very epitome of bigness."

Philip Fradkin takes us onto the city's ruptured streets and into its exclusive clubs, teeming hospitals and refugee camps, and its Chinatown. He introduces the people—both famous and infamous—who experienced these events, such as Jack and Charmian London, Enrico Caruso, James Phelan, and Abraham Ruef. He traces the horrifying results of the mayor's illegal order to shoot-to-kill anyone suspected of a crime, and he uncovers the ugliness of racism that almost led to war with Japan. He reveals how an elite oligarchy failed to serve the needs of ordinary people, the heroic efforts of obscure citizens, the long-lasting psychological effects, and how all these events ushered in a period of unparalleled civic upheaval.

This compelling look at how people and institutions function in great catastrophes demonstrates just how deeply earthquake, fires, hurricanes, floods, wars, droughts, or acts of terrorism can shape us.

Cooking Corner

Tomato-Bacon Quiche

Delicious and satisfying, Tomato-Bacon Quiche is perfect for a spring-time brunch. Better yet, it's fast and easy to make. The frozen pie crust is ready to bake in its own pan and the ingredients take only a few minutes to assemble. For more spring pie recipes and pie-baking tips, visit www.pillsbury.com.

1 Pillsbury Pet-Ritz frozen deep-dish pie crust; 6 slices bacon, cooked, crumbled; 4 medium green onions, sliced; 3 medium plum tomatoes, seeded, chopped; 1/4 teaspoon salt; 1/4 teaspoon pepper; 1 cup half-and-half; 2 tablespoons all-purpose flour; 2 eggs; 1/2 cup shredded Swiss cheese (2 oz.); 1/2 cup shredded cheddar cheese (2 oz.)

Place cookie sheet on oven rack. Heat oven to 375° F. Remove crust from freezer; let stand 1 minute. Prick crust with fork. Bake on cookie sheet 9 to 11 minutes or until very light golden brown.

Sprinkle bacon, green onions, tomatoes, salt and pepper in crust. In medium bowl, stir together half-and-half, flour and eggs. Stir in cheeses. Pour over tomato mixture.

Bake on cookie sheet 25 to 30 minutes longer or until knife inserted in center comes out clean. Let stand 10 minutes before serving. 6 servings.

NAPS

FREE CERAMICS CLASS

For everyone 18 and older at
Visitation Valley Community Center,
66 Raymond Avenue
Tuesdays from 9 a.m. to 4 p.m.

Very therapeutic and fun. You do not need to stay
the entire day...come for as long as you like.
We have a wonderful teacher to assist you.

For more information, call the
VCC Senior Program: (415) 467-4499

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Roman Catholic (1907)

99 Years in Visitation Valley

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7:30 a.m. & 5 p.m.

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Watercooler Counsel

by Rich Proulx

On the Straight and Narrow

Q: I only want employees on the straight and narrow. Is it ok to ask about arrest records on the application? -Concerned about Cons, Oakland, CA

A: Asking about arrest records on a job application violates state law, according to Dean Fryer, Spokesperson for the CA Dept. of Industrial Relations. By including this information on an application, we can conclude that an employer decided the information was relevant to its employment decision. Screening out all applicants who have been arrested - and possibly discouraging those who have been arrested from applying - can be illegal. The reason is that in many regions African-Americans and Latinos are disproportionately likely to have been arrested. So, while screening out applicants with arrest records does not appear discriminatory on its face, it could have a discriminatory impact on these minority groups. You can ask applicants about convictions (except those which have been sealed, expunged or statutorily erased). Before tossing out every application showing a record of a conviction, I should warn you that courts have come to different conclusions regarding the discriminatory impact of screening out prospective employees based on their convictions. The better course of action is to screen out an applicant if - after you've considered the nature of the job, the seriousness of the offence and the length of time since it occurred, and it appears the applicant actually did engage in the conduct for which they were arrested - the individual cannot be trusted to perform the job.

Q: I've decided to change careers. I've applied for several positions I am well qualified for. In interviews, I notice many of the applicants are younger. I still haven't been hired. What can I do? -Older But Wiser

A: There's no doubt in my mind that the job market becomes a tougher place to be as you grow older. But, employers rarely inform applicants why they weren't hired, so it's hard to know if your age played a role. I suggest calling the hiring official or Human Resources Manager directly. Reiterate your interest in the position, ask why you weren't selected, and ask if there is anything you could do to increase your chances to be hired for future openings. If they refuse to tell you or you are unhappy with their response, then contact the EEOC at 1-800-669-4000 to file a charge of age discrimination.

Q: I work on the assembly line. My supervisor often comes to our line in the late afternoon and informs us that we have to work mandatory overtime that evening. Can my employer force me to work overtime? -Jaded Jim, Monterey, CA

A: According to the CA Department of Labor Standards Enforcement (DLSE), your employer can require you to work overtime and discipline an employee who refuses to work scheduled overtime. The employee must be paid 1½ times their hourly rate for any hours worked after the first eight hours in a day or 40 hours in a week. For overtime hours worked over 12 hours in a day, the employee must be paid double their usual hourly rate. There are a number of professions that are exempt from these overtime laws including salespersons, taxi cab drivers and even shepherders! For more information, contact the DLSE at 415-703-5300.

Q: I work at an auto manufacturing plant. My boss says that I have to be at my post at the beginning of my shift. But, before I can start work, I have change in to protective boots, gloves, hardhat with face shield and heat apron. I have to be at work fifteen minutes before and after my shift putting on this gear and getting to and from the locker room.

Shouldn't my employer have to pay me for this time? -Frustrated in Fremont

A: Yes, your employer should pay you for the time it takes to change into protective clothing and walk to your work station. The Supreme Court recently unanimously upheld the ruling of the U.S. Court of Appeals in San Francisco requiring that employees be paid for this donning of protective gear and walk to their production area.

Q: Do I have to protect my employees from the sexual advances of my clients? How can I control the actions of others? -Powerless Professional, San Jose, CA

A: Just because you do not employ the person harassing your employee does not mean that you are freed of responsibility to prevent further harassment. If you don't work to stop the harassment, you can be liable. To be liable, an employer must have known (or should have known) about the harassment and failed to take immediate and appropriate corrective action. Even if your employee does not directly complain to you, if you observe sexual harassment and fail to act, you could still be liable.

Rich and his team of government experts never shy away from a tough question. Employed people who responded in the National Sleep Foundation's 2005 poll, said they worked an average of 42.6 hours per week. Perhaps all those who work 50 hours or more per week were too busy to respond! Send your questions to richard.proulx@eoc.gov, whose day job is Enforcement Supervisor for the Equal Employment Opportunity Commission (www.eoc.gov). Identifying information in the questions may be fictional.

Antiques & Collectibles

Old Silver Charms

by Anita Gold

Q: Can you provide me with any information regarding old silver charms like those worn on charm bracelets or around the neck on a chain, believed to bring good luck? Nancy Anderson, Green Valley, AZ

A: In the old days, folks were superstitious (even more so than today) and good luck charms were taken seriously, and were kept in one's pocket, or worn as jewelry, to assure folks good fortune, and protect them from evil influences. Then, too, various types of amulets were specifically made to ward off misfortune and bring good luck, which included particular types of tokens, called pudding and cake charms.

Such charms found today, are fashioned from sterling silver, and date from the 19th century, although earlier examples may have been made, since the custom of using such charms is centuries old. And what a "charming" custom it was. Such charms or tokens (shaped like figures or objects) were put into Christmas puddings, or were baked in ceremonial cakes for special occasions and various holidays.

The custom was sort of a game that folks once played and believed in. If a charm was discovered in a pudding or cake, the tiny trinket was

supposed to "decide one's destiny" as to how good their luck was going to be, or not be, depending on the charm's shape and what it represented. In fact, some took the charms so seriously, that they actually let their future be influenced by their "predictions."

On holidays and festive occasions, the women of the house, busied themselves baking cakes and puddings. But before the delicious dishes were popped in the oven, one or more charms were put in and concealed in the cake batter or "puddin fixins." Then after the puddings and cakes were baked in either pans, cans, pottery molds, or baking tins, they were served along with other festive holiday goodies. And then the fun began, with folks carefully tasting and rolling around with their tongue, bits, bites and pieces of such baked goods, hoping to discover a charm - especially a lucky one, and in doing so, being especially careful not to crack a tooth, or have the misfortune of swallowing a charm. But in most cases, the delicate little charms (some of which had a little ring attached to be worn on a chain, or added to a charm bracelet) suffered no harm, and were kept as treasured amulets or souvenirs.

Such charms were produced by various jewelry firms and were sold in jewelry or gift shops. They came in different shapes and were fashioned like various objects, animals, and symbols such as a pig, spoon, nut, wishbone, wedding ring, thimble, donkey, bachelor's button,

a fortune piece, and a sack of money. Each charm had a different meaning or symbolism according to its particular shape. For instance: A horseshoe brought good luck and chased away the evil eye. A pig brought good fortune in business dealings and kept one honest. A wishbone granted one wishes. A nut kept away illness. A spoon meant wealth and untold riches. A bell protected one against danger. While a bag of money meant one would be a rich old miser, and a thimble predicted one would remain unmarried or an old (but lucky) maid. Other charms symbolized other things and acted as amulets, talismans, and luck bringers, or what ever the token or charm was meant to represent. Today these little "charmers" might be found in antique shops that offer old jewelry. But since they are "charms," they resemble other sterling silver examples of late 19th century vintage, and are therefore sometimes difficult to distinguish as being true pudding charms. However, pudding charms have a somewhat more delicate and smaller appearance, and therefore can be recognized by their particular shapes or objects they were meant to portray.

It is believed, that such charms found today, still retain their power and potency. Perhaps that is one reason why authentic pudding charms are difficult to find, being that folks wanted to hang on to their lucky pieces no matter what!

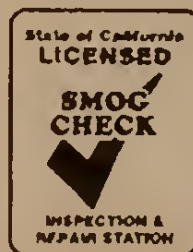
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Joe Leland around the neighborhood

***Free Trees!:** Friends of the Urban Forest is providing FREE TREES to Visitation Valley households. A special planting event is scheduled for April 29th. To get your FREE TREE you must sign up before March 22nd. Street trees can cost up to \$300 each, so don't miss out on this FREE offer. Contact Fran Martin, 415-468-0639 for more info. Don't miss out!

***Closed Business:** Brother's Auto Body Repair located at 2520 Bayshore Blvd., which for years was Valley Auto Parts, has closed its doors. VVBOOM (Visitation Valley Businesses Opportunities and Outreach to Merchants) will attempt to contact the property owner to see if the community can help find a new business to fill this space. Stay tuned.

***New Business:** After many months of remodeling, both inside and out, it appears that 2458 Bayshore Blvd is ready to open. Once the home of Candlestick Deli the building had been vacant and in disrepair for many years. The new business is called New Carnival Acupressure Health Center.

***Home Based Business:** Are you a Visitation Valley resident operating a home-based business? VVBOOM is planning a networking event to discuss your special needs and to survey the kinds of neighborhood services that might help your business. For more information, call Bob Lehman at (415) 902-1122 or email 3-list.keeper@sbcglobal.net

***A Street Fair for Leland:** Coming soon to Visitation Valley's favorite street, a summer street fair on Leland Avenue. This event promises to be a fun filled family festival celebrating Downtown Vis Valley. The date is still to be determined, but it will likely be a mid-July event. For more info, contact Russel Morine: (415) 740-4014 or email Rmorine@AOL.Com.

Leland's Dirty Secret

by JOE Leland

Leland Avenue, Visitation Valley's favorite street, has a dirty secret. Maybe you've noticed it but were too ashamed or frustrated to do something about it. Yet without your intervention and the help of every resident of Visitation Valley, the problem is guaranteed to get worse. Take a look around the next time you walk down Leland Avenue. The dirty secret is not hard to find. Its everywhere. From Bayshore to Rutland, even along the side streets, its there all day, but gets worse as the day goes on.

The dirty secret is litter.

We have to stop using the streets as our garbage cans. Would you throw empty food wrappers on your living room floor and expect your neighbors to come by twice a week to clean it up? No. So why do we throw bottles, cups, cigarette butts, lotto tickets, snack wrappers, half eaten hot dogs, baby diapers, newspapers, bags of trash, TVs, etc. on the public street and expect property owners or the City to clean it up?

The City (DPW) does its part to keep the street clean. Expect for weekends, Leland Avenue, from Bayshore to Rutland is serviced by DPW street sweepers every day.

The odd side of the street is swept Monday, Wednesday, and Friday and the even side Tuesday and Thursday. Every morning before most of us go to work or school, the streets are spotless. The problem here is that DPW is only responsible for the streets, from gutter to gutter, not the sidewalks; that's the property owner or merchant's responsibility. Thankfully, many of the merchants take pride in their stores and sweep the sidewalk before they open. Many will do it several times throughout the day. Sadly, others do not.

The key thing to remember is that sweeping litter into the gutter isn't enough; it then just blows down the street and becomes your neighbor's problem. If you sweep it, pick it up and deposit the litter into your waste bin.

The solution to the litter problem along Leland is in the hands, literally, of the residents of our neighborhood. If we all make a commitment not to litter, then the problem goes away. Now that the secret is out, its up to you to spread the word. Tell your friends and family not to litter. Thank the merchants along Leland Avenue when you see them sweep the sidewalks (and be sure to buy something from their shops!).

If we all work together, we can make a difference.

Pacific Research Ranks Top 2005 California Policy Blunders

The Pacific Research Institute recently released California's top 10 policy blunders of 2005. The list includes mistakes and missed opportunities in education, the economy, technology, and health care.

"From the 'iPod Tax' to the Bay Bridge bungle, many of these 'blunders' can be attributed to powerful special interests, a big government bureaucracy, and an entrenched legislature," said Sally C. Pipes, president and CEO of PRI. "If we are to move forward in building a future of prosperity and opportunity for Californians, we must bring accountability to government."

The following are California's top 10 policy mistakes of 2005:

1. Failing to answer union deception: In this year's special election, California voters were bombarded with commercials claiming that Governor Arnold Schwarzenegger's record on education can't be trusted. According to these propaganda pieces, he "cut" spending by \$4 billion, refused to pay back a \$2 billion loan, and is now grabbing power to enact more cuts. Earlier in the year, the California Teachers Association aired radio spots claiming the governor wants to "stiff our kids for \$2 billion every year!" The ads didn't say that the governor proposed an overall \$3-billion increase for education. Unfortunately, the governor missed out on many opportunities to clearly correct the campaign of misinformation throughout the year.

2. Failing to fight the "iPod Tax": The move to tax digital goods should throw the tech community into a Boston Tea Party tizzy, especially when it's revealed that California, home of Silicon Valley, is going along. By backing the idea of "destination-based sourcing of digital goods," the California Board of Equalization supports forcing local

digital goods vendors to collect and remit sales taxes for other jurisdictions. The passiveness of California officials on the local collection of an "iPod tax" should chill Silicon Valley innovators and consumers alike.

3. Tolerating CalTrans' Bay Bridge bungles: The retrofit for the eastern span of the Bay Bridge was slated to cost \$1.1 billion, but with CalTrans' overhead and incompetence, the figure has risen to a whopping \$6.2 billion and is five years behind schedule. Instead of privatizing the construction to save costs, the state elected to burden commuters with a toll-free increase.

4. Government-controlled Internet access?: With a budget shortfall of \$80 million and the countless blunders made every day by bureaucrats in San Francisco, should the people at City Hall be in charge of city-wide Internet access? Mayor Gavin Newsom's "TechConnect," is a troubling prospect for the city. Not only does it add another layer into our government bureaucracy, but it brings up major privacy and free-speech concerns. Furthermore, municipal broadband networks are expensive, difficult to maintain, and risky to build. City bureaucrats should not make it their goal to pick and choose winners in the Internet marketplace.

5. Saving tax dollars for medical treatment: California continues to be one of the few states that does not encourage Health Savings Accounts, which allow employees to pay for medical expenses with pretax income. Unlike most states, the state does not allow HSA premiums to be tax-deductible. This year, Governor Schwarzenegger signed a bill to bring much of the state's tax code into conformity with the federal tax code, but he failed to include HSAs.

6. Annual Loss of \$72 million by

Reducing the Chance of Identity Theft

If you've been a victim of identity theft or know someone who has, you're not alone. According to the Federal Trade Commission, the crime has grown so rapidly that nearly every person in the United States has experienced it or personally knows an identity theft victim.

There are several ways to categorize identity theft.

•Financial Identity Theft, which involves the criminal use of personal information such as a Social Security number (SSN) to establish new credit lines in the victim's name.

•Criminal Identity Theft, which occurs when a thief gives the victim's personal information to law enforcement personnel instead of his or her own information.

Criminals use a variety of methods in stealing a person's identity. According to experts at the Chartered Property Casualty Underwriters (CPCU) Society, some of the most common methods used by identity thieves include the theft of a wallet or purse, shoulder surfing, postal theft, dumpster diving, accessing computer records and stealing a family member's information.

Here is a description of some of the methods most people would not be familiar with:

•Shoulder Surfing: This involves the thief looking over a person's shoulder. According to one security professional, someone may be stand-

ing alongside you, pretending to use the adjacent pay telephone, but what he or she is actually doing is watching you punch in your phone credit card number and PIN.

•Dumpster Diving: This involves a criminal foraging through trash bins looking for unshredded credit card and loan applications, cancelled checks and documents containing SSNs.

•Accessing Computer Records: Personal identification information is increasingly accessible and marketed illegally through the Internet.

There are numerous steps you can take while at home to prevent yourself from becoming a victim of identity theft. First, personal information should be securely safeguarded. For example, an alleged representative of a bank may call a customer asking for certain information for "account verification purposes." If you, however, receive an unsolicited phone call from someone asking for financial information, this call is probably fraudulent.

The CPCU Society is a community of credentialed insurance professionals that promotes excellence through ethical behavior and continuing education. To find out more, visit www.cpcusociety.org.

If you receive an unsolicited phone call asking for financial information, the call is probably fraudulent. **NAPS**

Legislation Recently Introduced by Supervisor

Following is legislation recently introduced in the last month at Board of Supervisors meetings by Supervisor Sophie Maxwell:

*Ordinance amending the City's inclusionary housing program. Among other changes, the ordinance would require developers who choose to meet their requirements through the provision of off-site affordable housing to provide the housing within 1 mile of the market rate project, and it would require the use of a public lottery when the units first become available.

*Resolution to accept and expend

not adopting VoIP telephony: In 2004, a state reform commission recommended California replace its use of costly landline telephone service for state officials with Voice over Internet Protocol (VoIP). With potential taxpayer savings of nearly \$6 million per month, Governor Schwarzenegger and the legislature ignored a prime opportunity to exhibit the technological prowess of the Golden State. Potential annual savings to taxpayers: \$72 million.

7. Failing to demand results for taxpayers' dollars: This year's budget included a \$3 billion increase in education spending. At the cost of more than \$10,000 per pupil, the state will pour nearly \$50 billion into our schools with very little to show for it. The four-year drop-out rate increased while the percentage of graduates eligible for UC and CSU decreased. While there were some gains in fourth- and eighth-grade math, reading and writing scores, as well as average SAT scores, all stagnated. Though Californians were generous to increase in per-pupil spending, they missed an opportunity to demand accountability and real student achievement for their money.

8. Approving a bill in the California state senate for single-payer health care: This summer, the California state senate approved a bill that would impose a single-payer system statewide. A government-monopoly single-payer system can reduce administrative costs, but at a heavy price to patient care. It's unwise for California lawmakers to even consider this potentially disastrous step.

9. Requiring paper trail recounts for e-voting machines: Governor Schwarzenegger signed SB 370, a legislative lemon that may force Californians to relive the mistakes of America's punch-card voting past. By forgoing the benefits of new electronic voting machines and enlisting voter paper trails in mandatory manual recounts, SB 370 will make election voting in California increasingly difficult and negate the original virtues of e-voting: speed, cost savings, and efficiency.

10. Failing to enact public employee pension reform: California's public employee pension systems are unstable, unpredictable, costly, and outdated. Assembly Constitutional Amendment No. 1 would have given public employees a pension that provides more flexibility, choice and protection from political manipulation, and would have provided taxpayers with a stable and fiscally-prudent pension system.

About PRI

For 26 years, the Pacific Research Institute (PRI) has championed freedom, opportunity, and individual responsibility through free-market policy solutions. PRI is a non-profit, non-partisan organization.

Events at Visitation Valley Branch Library

Following are events in March at the Visitation Valley Branch Library, 45 Leland Ave. (at Desmond Street):

*Mar. 7, Tuesday: The Puppet Company presents "Mae Lin and the Magic Brush" for ages 3-5 at 10:30 a.m.

*Mar. 14, 21 and 28, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Mar. 8, Wednesday: Preschool Video at 10:30 a.m.

*Mar. 21: Tuesday: Kite Craft for ages 3-5 at 11 a.m.

Job Training Seminar At Valley Beacon Center

The community is invited to a job training seminar taking place on Tuesday, Mar. 7 at the Visitation Valley Community Beacon Center at 450 Raymond Ave.

This event is being co-sponsored by the Visitation Valley Violence Prevention Transitional Job Project and Goodwill Industries. Call (415) 452-4907 for further information.

San Francisco Department of Public Works Code on Litter:

SEC. 33 RUBBISH, ETC., THROWING ON STREETS PROHIBITED

It shall be unlawful for any person or persons to put, place, sweep, throw, brush or in any other manner deposit any rubbish, paper, cards, newspapers, wrapping or wrapping paper, container of any kind, string, cord, rope or other binding or fastening material, sweepings, dirt or debris or discarded material of any kind or character upon any sidewalk, street, alley, gutterway or other public place in the City and County of San Francisco. It shall also be unlawful for any person or persons to throw, sweep or brush any rubbish, paper sweepings or dirt from any residence, flat, apartment house, store or office building into any sidewalk, street or alley. (Amended by Ord. 1994, Series of 1939, App. 3/8/43)

SEC. 34 ACCUMULATION OF LITTER ON SIDEWALKS PROHIBITED

It shall be unlawful for the occupant, or in the absence of an occupant, the owner or lessee, of any building in the City and County, to permit litter to remain or accumulate upon the sidewalk in front of or abutting said building. Said litter may be disposed of as provided in Section 35(a) of the Code, provided, however, that on any day the street fronting or abutting said building is scheduled to be serviced by mechanical equipment under controlled parking conditions, said litter, other than food products or material intended for food or drink may be deposited in said street, but only one hour prior to said service. The term "litter" as used herein shall mean and include the enumeration of items set forth in Section 33 of this Code. (Amended by Ord. 7-77, App. 1/7/77)

SEC. 35(a) USE OF SIDEWALK TRASH OR LITTER RECEPTACLES

The litter receptacles placed on the sidewalks by the Department of Public Works may be used for deposit of casual litter such as food, wrappers and lunchbags. Sweepings from sidewalk cleaning, as specified in Section 34, may also be deposited in such receptacles. It is unlawful for any person to deposit any household garbage, refuse, waste, sweepings, or dirt collected within any residence, flat, apartment house, store, or office building in, on top, or alongside such litter receptacles. (Amended by Ord. 410-75, App. 10/1/75)

SEC. 36 TENANT OF LOWER FLAT RESPONSIBLE.

When there are flats or more than one house fronting on a pavement, the proprietor or tenant of the lower flat or house nearest the sidewalk shall be held responsible for the cleanliness of said sidewalk. (Added by Ord. 1.075, App. 10/11/38)

SEC. 37 PENALTY.

(a) Any person who shall violate any of the provisions of Sections 33, 34, 35 or 36 of this Article shall be guilty of an infraction and, upon conviction thereof, shall be punished for the first offense by a fine of not less than \$80 nor more than \$100, and for a second offense by a fine of not less than \$150 nor more than \$200, and for each additional offense by a fine of not less than \$300 nor more than \$500.

(b) Any person who shall violate any of the provisions of Section 35(a) of this Article shall be guilty of an infraction and, upon conviction thereof, shall be punished for the first offense by a fine of not less than \$80 nor more than \$100, for a second offense by a fine of not less than \$150 nor more than \$200; and for each additional offense by a fine of not less than \$300 nor more than \$500.

(c) Alternatively, any person who violates any of the provisions of Sections 33, 34, or 35(a) of this Article shall be subject to an administrative penalty not to exceed \$1,000 for each violation. Administrative penalties authorized by this section shall be assessed, enforced and collected in accordance with Section 39-1 of this Code. (Amended by Ord. 72-86, App. 3/14/86; Ord. 197-98, App. 6/19/98, Ord. 87-03, File No. 030482, App. 5/9/2003; Ord. 292-04, File No. 040561, App. 12/24/2004)

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Grapevine Puzzler Baseball Spring Training

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Bradenton
Clearwater
Dunedin
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Lauderdale
Fort Meyers

Jupiter
Kissimmee
Lakeland
Mesa
Peoria
Phoenix

Port St. Lucie
Sarasota
St. Petersburg
Scottsdale
Surprise
Tampa

Tempe
Tucson
Vero Beach
Viera
Winter
Haven

Historic Proportions

1896

Match clues to answers.

1. Gold discovered here on Aug. 16.
2. First exhibition of this on Jan. 18.
3. Great Britain stages quick war against this country in less than an hour on Aug. 27.
4. First publication of this on May 26.

As a Matter of Fact

*The word "attorney" comes from the French meaning "to turn over to another."

*About 56,000 Americans are over 100 years old.

*Hares are not true rabbits. In general, hares are larger and usually have longer ears and legs.

*The water clock, which recorded time by measuring water escaping from a vessel, was probably invented by Plato about 400 BC and was used in Athens to regulate the length of speeches in law courts.

*In the game of Scrabble, the only tile with a point value unique unto itself is the K (5 points).

*In addition to Germany, German is the official language of Austria, Switzerland, Luxembourg, Liechtenstein and Belgium.

*Homing pigeons carried message for the ancient Egyptians and Persians more than 3,000 years ago.

*As a flounder grows, the eye on its lower side moves gradually around to the upper side of its head.

*In 1893, the New York World became the first newspaper to feature a Sunday comic section.

*Some people keep hedgehogs as pets to get rid of insects and other house pests.

*The tennec is a nocturnal African fox noted for its exceptionally large eyes.

*The world's greatest tea drinkers per capita are the Irish, averaging about 1,000 cups each a year.

*An American aircraft carrier can reach more than a fifth of a mile long and carry close to one hundred planes.

*One person can take care of up to 200 cattle.

*The shock produced by an electric eel generally reaches about 200 to 300 volts, enough to stun a person or light a neon lamp.

5. This opened in Athens, Greece on Apr. 6.

6. He is elected President on Nov. 3.

7. Earthquake and tsunami here in June kill 27,000.

8. Battle of Adwa on Mar. 1 saw them defeat the Italians.

9. He became prime minister of Canada on July 11.

10. This became the 45th U.S. state on Jan. 4.

11. Cyclone hit here on May 27 killing 400.

12. Democrats nominated him for President during their convention in July.

A. Ethiopia

B. Japan

C. William Jennings Bryan

D. Wilfrid Laurier

E. St. Louis

F. Utah

G. William McKinley

H. Summer Olympics

I. Zanzibar

J. Dow Jones Industrial Average

K. X-ray machine

L. Klondike

Answers: 1-L, 2-K, 3-I, 4-J, 5-H, 6-C, 7-B, 8-A, 9-D, 10-F, 11-E, 12-G.

Sez Who?

Match quotes to speakers.

1. "The body says what words cannot."

2. "Experience teaches slow and at the cost of mistakes."

3. "When love and skill work together, expect a masterpiece."

4. "The greatest gift of the garden is the restoration of the five senses."

5. "Candy makes a woman sweet and a man husky."

6. "Gardening requires lots of water; most of it in the form of perspiration."

7. "A bore is a man who, when you ask him how he is, tells you."

8. "The cure for boredom is curiosity. There is no cure for curiosity."

9. "There is a time for many words and there is also a time for sleep."

A. John Ruskin

B. Lou Erickson

C. Hanna Rion

D. James A. Froude

E. Homer

F. Bert Leston Taylor

G. Martha Graham

H. George Raby

I. Dorothy Parker

Answers: 1-G, 2-D, 3-A, 4-C, 5-H, 6-B, 7-E, 8-I, 9-F.

Sump, the Grump



Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: How do you feel about the terrible state of public restrooms? — Helen

That depends. Are public restrooms in red states or blue states?

But seriously, Helen, Poor Rix is often shocked to see dirty public bathrooms with phone numbers scribbled on the walls. Did you know that half those phones are disconnected?

People have gone to the bathroom for thousands of years. Facilities will be needed as long as folks drink water or take a long car trip with kids.

So why can't we develop quality bathrooms that meet minimum national standards? Wouldn't it be nice to go to a four-star restroom? (I'd like to see where they put the stars.)

How about a national "Potty Policy?" Here are some basic requirements:

1. The room should be attractively decorated with plastic flowers, landscape prints, tasteful advertising or—in the case of graffiti—clean poetry.

2. Toilets should be mounted securely on walls, not hung by a rope from the ceiling.

3. Toilet stalls should not require paid entry. The stall doors should be secured by a lock, not a rubber band.

4. The toilet bowl should be a regulation model, not a bucket. And despite its disposal power, users should be warned that it's virtually impossible to flush a thong.

5. Finally, the toilet area should be well lighted. Poor Rix once washed his hands in a basin, and later discovered the restroom had no sink.

covered the restroom had no sink.

Dear Poor Rix: What is your favorite horror story? — Linda

Chances are if you didn't read "Dracula," you saw a movie version. The original 19th century novel unearths a deep plot filled with unsavory creatures...the same thing Dracula enjoyed when he was real hungry.

The story begins as lawyer Jonathon Harker heads for Count Dracula's Transylvania castle on a legal matter. Dracula invites Jon to stay overnight, which may be hunger talking. Jon's soon awakened by scratching, and opens his bedroom door to find Drac hanging upside down on the wall.

Bolting from his room, Jon escapes by running through another door, which leads him into a castle-filled courtyard. Quickly, he swallows a cold capsule to "stop the persistent coffin."

From this point forward, the plot becomes thicker than concrete pudding. But at Dracula's castle, we learn that he has several brides (you'll see them in later movies) who conspire with him to bleed good folks dry.

The only way to destroy these rascals is to pierce their hearts with stakes while they sleep. So when the sun rises, that's what our heroes do. Soon the world is vampire-free...until the next sequel.

In reading this grand classic, we discover that (1) blood is thicker than water, and more nutritious, too; (2) vampires make lousy house pets; and (3) first thing in the morning, there's nothing like a good stake.

Dear Poor Rix: I just got my senior ring. Do you still have yours? — High School Junior

I'll never forget the day senior rings arrived at our school. If somebody hadn't locked me in a toilet stall, I'd have been first in line.

We asked mall shoppers this question the other day, and here's what they told us:

1. "I don't know. Have you seen it?"
2. "I wore it until I was 63."
3. "I gave it to my old girlfriend, who gave it to her new boyfriend."
4. "I think my wife had it bronzed."
5. "The dog ate it...and after he threw it up, it didn't fit."

Did you ever wonder how the senior ring tradition started? Actually, folks have worn rings since ancient times. Many carried engraved symbols.

There were no medieval high schools, because back then people aged quickly, and at 18 qualified for primitive Social Security. However, by the 1600's people survived long enough to create schools, award letter jackets for archery, and design senior rings. Today, rings come in all sizes and styles.

One of my friends gave his ring

to his steady girlfriend 20 years ago. He didn't see her again until this year, at a class reunion.

"Diane," he said, "you and I both married other people. So, if you don't mind, I'd like my senior ring back."

"OK," she replied, "but does that mean we're breaking up?"

Dear Poor Rix: My husband has a question. If he has a sex change, will he live longer? — Violet, New York

Violet, research shows that women outlive men. And there's evidence that if a married man undergoes gender change surgery, he and his wife can also share clothes.

Seriously, women outlive men for many complex reasons. But Poor Rix is a simple guy, and doesn't understand most of them. Therefore, I'll tell you what I know, and make up the rest.

The average girl born today can expect to outlive the average man by 5.4 years. Poor Rix knows many women, but none consider themselves "average." So women actually outlive men by 43 years.

Second, women live healthier. They drive safer, eat better, and rarely offend neighbors by projectile burping.

When men accumulate body fat, it builds around their stomachs. This increases their heart attack risk, and limits their choice of tank tops.

If women gain weight, it often goes to their thighs. That's a safer place for fat to build, except during bikini season.

A few men feel it necessary to point out sudden weight gain to their girlfriends. This explains why some guys die young.

Would Poor Rix ever consider this surgery? Yes, but not for himself.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charler.net.

Five Years Ago In the Grapevine

MARCH 2001

*District 10 Supervisor Sophie Maxwell joined a group of Visitation Valley residents on Feb. 3 for the first of several weekend neighborhood clean-up campaigns sponsored by the Mayor's Office and the Department of Public Works.

*Piecing Together the Fabric of Peace was the theme of a day-long event scheduled for Mar. 31 sponsored by Ridge View United Methodist Church on Leland Avenue.

*Girls After School Academy (GASA), which has been providing a positive influence to young neighborhood women 8-18, received a contribution of \$7,500 from the San Francisco Women's Police Officers Association in a special February event at its headquarters in the Sunnydale housing complex.

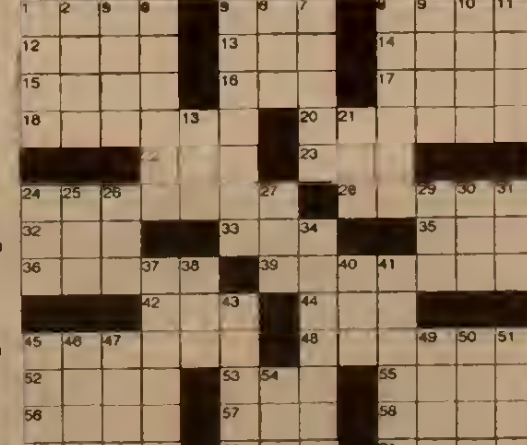
Crossword Puzzle

Solution on Page 11

ACROSS

- 1 Fr. month
- 5 Sinbad's bird
- 8 S. Afr. Dialect
- 12 Forest ox
- 13 Fiddler crab genus
- 14 Scientific name (suf.)
- 15 Sacred image
- 16 Daughters of the American Revolution (abbr.)
- 17 Gain
- 18 Tenant
- 20 Attic
- 22 Sound perception
- 23 Office of Economic Development
- 24 One of the Seven Hills of Rome
- 28 Joint part
- 32 Father of Jehoshaphat
- 33 Science class
- 35 Presidential nickname
- 36 Stair post
- 39 Fire basket (torch)
- 42 Month abbr.
- 44 Last Queen of Spain
- 45 Wading bird
- 48 Suitcase
- 52 Firstborn of Benjamin
- 53 Yale student
- 55 Design

- 56 Elbe tributary
- 57 Female ruff
- 58 Death (pref.)
- 59 Eucalyptus secretion
- 60 Row
- 61 Starch (pref.)
- DOWN
- 1 Metal suit
- 2 Quality
- 3 Ger. landscape painter
- 4 Jap. Amer.
- 5 Waste growth
- 6 Wood sorrel
- 7 Load



- 8 Fencing guard position
- 9 City in Judah
- 10 Rhine tributary
- 11 Penitential season
- 19 Belonging to (suf.)
- 21 At the age of (Lat.)
- 24 Foremost part
- 25 Honshu bay
- 26 Stomach
- 27 Resin
- 29 Nose (pref.)
- 30 Laconian
- 31 Ensnare
- 34 Type size
- 37 Ditchside fortification
- 38 Shelter
- 40 Alfonso's queen
- 41 Salt pond
- 43 Wing (pref.)
- 45 Brother of Cain
- 46 Blue star
- 47 Olive genus
- 49 Sama (Lat.)
- 50 Secretary (abbr.)
- 51 Male noble
- 54 Pssture

Visitation Valley Police Report

by Ingleside Captain Paul Chignell
Traffic Enforcement

You are all aware that the managers at the Ingleside Station have made a high priority to have all of the officers work diligently on traffic enforcement. The reason for this is that the community has asked for more aggressive enforcement to enhance pedestrian safety, to get unlicensed drivers off the street and to endeavor to diminish injury accidents. We started this program in December and the results have been astounding. The patrol officers have really done a great job.

The members of the Ingleside Station wrote 344 moving violations in January 2005. In January 2006 they wrote 1,019 citations, far more than any other station except the Southern Police Station and the highest percentage increase of any station.

Community Safety

Lieutenant Donna Meixner, Sgt. Hector Sainez and I met with representatives of the Association of Community Organizations for Reform Now of Visitation Valley along with city officials on Feb. 9 at 1250 Sunnydale. The group is concerned about street lighting, security cameras and police walking the beat in their neighborhood.

Police Cases

*On Jan. 22 at 10:12 p.m., officers observed a notorious wanted criminal at Hahn and Visitation. The suspect walked away but was captured close by after the officers gave a description and another officer stopped the suspect. The resident of the 100 block of Cameron Way was arrested on a no bail theft warrant.

*On Jan. 24 at 10:42 p.m., officers went to the 1500 block of Geneva on a report of a man breaking into a building. When the officers arrived they found that the real situation was that a drunken adult son had been smashing items in the household and was quite drunk. The officers contacted the suspect who threw a book at the officers and then violently resisted arrest. He was subdued and booked on various charges.

*On Jan. 26 at 2:20 p.m., an officer stopped a vehicle at Cora and Sunnydale for a stop sign violation. The driver, who lives on the 1500 block of Felton, was driving with a suspended license and was uninsured. He was cited and his 2002 Toyota was towed. At 4:12 p.m., officers stopped a vehicle for a fraudulent registration. The driver, who lives on the 400 block of Argonaut, was cited and his 2002 Honda was towed. At 4:45 p.m., officers were at Tioga and Rutland when they spotted a vehicle coming towards them. They checked the license plate and found that the vehicle was stolen. They attempted to stop the vehicle but the driver accelerated and sped away. The vehicle proceeded onto Harkness, Alder, Ankeny and Ward streets with citizens advising the officers along the way, the direction the vehicle was fleeing. The officers then spotted the vehicle on Ward street with the engine running and with the driver walking briskly away. The officers detained the suspect, who then resisted arrest but was subdued. The resident of the 1300 block of Bowdoin was charged with auto theft, being unlicensed, resisting arrest and for possession of marijuana. At 6 p.m., a police sergeant stopped a vehicle at Sunnydale and Sawyer for an equipment violation. The driver, who lives on the 900 block of Ingerson, was driving with a suspended license. He was cited and his 1985 Toyota was towed. At 10:19 p.m., officers were tracking known violent gang members on the 1500 block of Sunnydale. At one point a suspect took off running and was chased down by an officer on the 400 block of Sunrise. The resident of the first block of Towerside was advised regarding a stayaway order from the Sunnydale Public

Housing and cited for delaying a peace officer in the performance of the officer's duties.

*On Jan. 28 at 1:13 p.m., officers were on patrol on Hahn at Sunrise when they stopped a vehicle occupied by a resident of the first block of McCarthy. The driver had no seatbelt on and was driving while smoking a marijuana cigarette. He was cited.

*On Jan. 29 at 2:30 p.m., Sunnydale Community Housing Officers assigned to the Ingleside Station were on the 1700 block of Sunnydale when they observed numerous dangerous gang members congregating in the play structure area. One of the suspects was well known to the officers as having a no-bail felony warrant and having the reputation as running from the police. The officers called for assistance to set up a perimeter. Other officers arrived on the scene and surrounded the area. Officers spotted the main suspect at Brookdale and Santos running full speed with his hand holding his waist area, a technique employed to conceal and keep a firearm while running. All of the officers engaged in a foot pursuit of the wanted criminal as he fled towards the swimming pool adjacent to McLaren Park. As the officers closed in on the 17 year-old who lives on Hollister, he took a handgun and threw it into some bushes and suddenly surrendered. The handgun was loaded. The suspect was booked on a no-bail warrant charging felony assault and robbery. He was also booked on numerous weapons and gang charges.

*On Jan. 30 at 4 p.m., officers went to the 200 block of Rey on a fight. They encountered a suspect there who gave conflicting information as to his identity. They then determined that the local resident had numerous warrants from Alameda County for domestic violence, assault and violating court orders.

*On Feb. 2 at 4:30 p.m., officers of the Gang Task Force spotted numerous violent gang members loitering on the 100 block of Blythdale. One gang member took off running from the officers and climbed up a fence then falling to the ground. The resident of the 200 block of Santos was arrested on a no bail parole violation. At 6:16 p.m., an officer stopped a vehicle at 10 Tomaso after an accident. The driver, who lives in San Leandro, was unlicensed. He was cited and his 1992 Oldsmobile was towed.

*On Feb. 3 at 9:30 a.m., an officer spotted a suspect walking in the middle of the street on the 1500 block of Geneva. The suspect was holding something under a blanket and when the officer confronted him, he ran away. The officer was joined by other officers. They located a victim who stated that the suspect had threatened him with a knife with a "crazed" look on his face. The officers arrested the suspect and found the knife nearby in a rain gutter. The transient was booked on numerous charges. At 5:20 p.m., an officer stopped a vehicle at Joost and Brompton for a stop sign violation. The driver, who lives on Harkness, was driving with a suspended license. He was cited and his 2002 Landrover was towed. At 10:02 p.m., officers detained an intoxicated female juvenile on the 1300 block of Sunnydale and transported her to San Francisco General Hospital.

*On Feb. 4 at 9:15 a.m., an officer admonished three school truants on the 400 block of Raymond. At 2:30 p.m., an officer stopped a vehicle on Cambridge near McLaren Park for a registration and equipment violation. The driver, who lives in Daly City, was driving with a suspended license. He was cited and his 1991 Mazda was towed. At 4:36 p.m., officers were in McLaren Park when they spotted a vehicle with doors open and legs sticking out. When they approached they found a resident of the unit block of Ottawa smoking and in possession of marijuana.

*On Feb. 6 at 1:12 p.m., officers

were dispatched to the first block of Blythdale on a possible runaway from a group home in Daly City. They located the juvenile who was wanted in Daly City on a murder warrant.

*On Feb. 8 at 7:45 p.m., officers were advised by a victim that her adult son had taken her vehicle without permission. The officers located the vehicle and the suspect at Cora and Leland. The son, who lives on the 100 block of Desmond, was arrested on a no bail narcotics warrant. At 8:24 p.m., citizens called the police and stated that there were 40-50 individuals on the 1700 block of Sunnydale, one of whom was armed with a gun. Officers spotted one suspect appearing to conceal something in his waistband. The officers called for the suspect to halt, but he turned and looked at the officers, smiled and then took off running with his hand still secreted in his waistband. The officers gave chase and overtook the suspect at Sunnydale and Hahn. No gun was found but the juvenile, who lives in the area, was cited for delaying an officer in the performance of duties.

*On Feb. 10 at 12 noon, officers went to the 200 block of Argonaut and arrested a suspect who had used a knife to attack and leave numerous lacerations on the victim's neck. This attack was the aftermath of a dispute over drug use. The suspect, who lives in the area, was charged with felony assault.

*On Feb. 11 at 4:04 a.m., officers followed a vehicle onto the freeway from Geneva and the vehicle drove recklessly to Pier 80. The vehicle was finally stopped and a Daly City resident was cited for reckless driving. At 6:47 p.m., an officer stopped a vehicle at Felton and Yale for investigation on an unrelated matter. The driver, who lives on the 3300 block of San Bruno, was unlicensed. She was cited and her 1988 Honda was towed.

*On Feb. 12 at 2:53 a.m. on the 400 block of Argonaut, a suspect confronted a victim asking if he was a member of a Hispanic gang. The suspect then pointed a firearm at the victim's head and let the victim go. After the victim retired to his residence, the suspect fired shots in the air and fled. At 8:05 a.m., officers went to the 200 block of Santos on a domestic violence case where an ex-boyfriend had assaulted a woman. The suspect had fled on a muni bus. The officers were joined by other officers and a police sergeant. The suspect was found on the bus at Santos and Geneva. The resident of Ingalls was arrested on an assault charge.

*On Feb. 14 at 6:07 p.m., an officer cited a resident of the 400 block of Campbell for false vehicle registration and for being uninsured.

*On Feb. 15 at 3:10 a.m., officers went to the 400 block of Sunrise and arrested a husband for assault on his wife as well as for destroying the telephone lines.

*On Feb. 16 at 10:30 a.m., officers went to the 100 block of Garrison where a woman had assaulted her husband and struck him with a phone. The suspect was arrested on a domestic violence charge and a warrant for driving with a suspended license. At 11:35 p.m., private security at 1250 Sunnydale stopped a narcotics suspect at 1250 Sunnydale who was in possession of suspected crack cocaine. Officers arrived on the scene and arrested the resident of the 500 block of O'Farrell for the narcotics charge as well as a warrant for malicious mischief.

Police Summaries

*Jan. 22 12:45 a.m., 3600 block of Geneva Ave., robbery, gun, residential, possible suspects known
*Jan. 22 5:41 p.m., Sawyer St. and Sunrise Ave., robbery, three suspects, strongarm, keys and phone
*Jan. 22 1300 block of Brussels St., vandalism
*Jan. 22 Leland Ave. and Rutland St., battery
*Jan. 22 1800 block of Sunnydale Ave., graffiti
*Jan. 23 3:30 p.m., Muni line on Sunnydale Ave., pursesnatch
*Jan. 23 Sawyer St. and Sunnydale Ave., attempted robbery, woman fights off 6 hoodlums who try to take her purse and take her to the ground
*Jan. 23 First block of Delta St., child taken to shelter
*Jan. 23 1900 block of Geneva Ave., found 1997 Nissan

*Jan. 24 5:04 p.m., 1700 block of Sunnydale Ave., probationers run away from approaching officers
*Jan. 24 First block of Blythdale Ave., three to five shots fired
*Jan. 24 900 block of Goettingen St., missing juvenile
*Jan. 24 1800 block of Sunnydale Ave., domestic dispute
*Jan. 24 1900 block of Sunnydale Ave., vandalism
*Jan. 24 100 block of Visitation Ave., missing 15 year-old boy
*Jan. 25 4:31 p.m., 1600 block of Sunnydale Ave., probationer in violation of stayaway order
*Jan. 25 First block of Blythdale Ave., vandalism
*Jan. 25 First block of Brookdale Ave., found ATM machine
*Jan. 25 400 block of Raymond Ave., battery
*Jan. 25 100 block of Rutland St., suspicious actions
*Jan. 25 3500 block of San Bruno Ave., theft from vehicle
*Jan. 25 1800 block of Sunnydale Ave., impounded vehicle
*Jan. 26 9 a.m., 800 block of Rutland St., robbery, pursesnatch, 81 year-old woman
*Jan. 26 6 p.m., (occurred Jan. 7) 100 block of Blythdale Ave., robbery, suspect known, armed with gun
*Jan. 26 11:38 a.m., 700 block of Rutland St., burglary, construction site
*Jan. 26 First block of Alpha St., vehicle strip
*Jan. 26 1600 block of Sunnydale Ave., found ammunition
*Jan. 27 7 a.m., San Bruno and Wilde Aves., robbery, pursesnatch after leaving Muni bus
*Jan. 27 First block of Alpha St., vehicle strip
*Jan. 27 100 block of Blythdale Ave., breaking windows
*Jan. 27 200 block of Blythdale Ave., investigative detention
*Jan. 27 100 block of Britton St., mental detention, 47 year-old man
*Jan. 27 First block of Brookdale Ave., vandalism to vehicle
*Jan. 27 200 block of Brookdale Ave., domestic violence, suspect transient
*Jan. 27 Rutland and Leland Ave., stolen 1993 Acura
*Jan. 27 300 block of Wilde Ave., fraud
*Jan. 28 488 Campbell Ave., found 2004 Toyota
*Jan. 28 300 block of Leland Ave., found 6 year-old boy
*Jan. 28 25 Peabody Ave., found 2000 Honda
*Jan. 28 200 block of Santos St., breaking windows
*Jan. 29 2:43 a.m., 300 block of Sawyer St., burglary, front door, computer
*Jan. 30 11:30 a.m., Schwerin St. and Visitation Ave., robbery, pursesnatch, two suspects
*Jan. 30 First block of Brookdale Ave., domestic violence, suspect lives on Carter Street
*Jan. 30 100 block of Loehr St., domestic violence
*Jan. 30 First block of Santos St., found 15 year-old girl
*Jan. 30 1700 block of Sunnydale Ave., impound of vehicle with numbers missing
*Jan. 31 300 block of Sawyer St., burglary, jewelry, possible roommate suspect
*Jan. 31 First block of Britton St., domestic violence
*Jan. 31 First block of Brookdale Ave., domestic violence, malicious mischief
*Feb. 1 11 Blythdale Ave., found 1997 Honda
*Feb. 1 200 block of Leland Ave., breaking windows
*Feb. 1 Oxford and Bacon Sts., theft from vehicle
*Feb. 1 3550 San Bruno Ave., found 1982 Toyota
*Feb. 2 6:30 a.m., 300 block of Sawyer St., burglary, car speakers
*Feb. 2 12:30 p.m., 3500 block of San Bruno Ave., burglary of store
*Feb. 2 2000 block of Geneva Ave., breaking windows
*Feb. 2 140 Kelloch Ave., stolen 1993 Saturn
*Feb. 2 Ordway and Brussels St., stolen 1994 Saturn
*Feb. 2 1900 block of Sunnydale Ave., breaking windows
*Feb. 3 300 block of Arleta Ave., stolen license plate
*Feb. 3 900 block of Goettingen St., dog confiscation
*Feb. 3 100 block of Leland Ave., assault
*Feb. 3 Ward and Goettingen St., stolen 1994 Chevrolet
*Feb. 3 1200 block of Girard St., burglary, cigarettes
*Feb. 4 1:45 a.m. 100 block of Blythdale Ave., shooting, 54 year-old victim, shot in leg

VISITACION VALLEY GRAPEVINE - MARCH 2006 - 9

*Feb. 4 8:00 p.m. First block of Ervine St., burglary, household items
*Feb. 4 200 block of Arleta Ave., Emergency Protective Order service
*Feb. 4 2000 block of Geneva Ave., breaking windows
*Feb. 4 First block of Heritage Ave., missing 14 year-old boy
*Feb. 4 500 block of Leland Ave., threats, malicious mischief
*Feb. 4 400 block of Raymond Ave., hate crime at school
*Feb. 4 100 block of Talbert St., missing 63 year-old man
*Feb. 5 5:02 p.m., Arleta and San Bruno Aves., robbery, purse snatch
*Feb. 5 10:30 p.m. Geneva Ave. and Schwenn St., robbery, strongarm
*Feb. 6 3:20 p.m. (occurred in January), 300 block of Sawyer St., burglary, computer and jewelry
*Feb. 6 4:20 p.m. (occurred Feb. 3), 100 block of Blythdale Ave., burglary, household items, window
*Feb. 6 6:05 p.m., 100 block of Desmond St., robbery, pursesnatch, beating
*Feb. 6 151 Elliot St., found 1992 Chevrolet
*Feb. 6 100 block of Leland Ave., assault
*Feb. 6 400 block of Sunrise Ave., arson of stolen vehicle
*Feb. 6 400 block of Raymond Ave., burglary of safe
*Feb. 7 3605 San Bruno Ave., found 1992 Ford
*Feb. 7 1200 block of Sunnydale Ave., found person, 16 year-old girl
*Feb. 8 12 noon, 1500 block of Sunnydale Ave., assault, juveniles, struck in face numerous times
*Feb. 8 6:00 pm Delta and Visitation Ave., pursesnatch, 68 year-old female victim
*Feb. 8 Blythdale Ave. and Hahn St., domestic violence, suspect lives on San Bruno Ave.
*Feb. 8 26 Camzal St., found 2001 Isuzu
*Feb. 8 25 Peabody St., found 2000 Acura
*Feb. 8 400 block of Raymond Ave., possible at-risk youth
*Feb. 9 100 block of Brookdale Ave., allegation of brandishing of knife
*Feb. 9 154 Blythdale Ave., found 1989 Dodge
*Feb. 9 1600 block of Sunnydale Ave., false vehicle registration
*Feb. 10 6:14 p.m., Velasco Ave. and Schwerin St., 14 year-old boy shot in torso, white Chrysler occupied by suspect(s)
*Feb. 11 Sunnydale Ave. and Santos St., vandalism to vehicle
*Feb. 12 12:20 a.m., 200 block of Wilde Ave., robbery, two suspects with guns, money taken
*Feb. 12 3:25 a.m., 100 block of Leland Ave., shots fired at vehicle, no injury
*Feb. 12 7:22 p.m., Hahn St. and Visitation Ave., arson of vehicle
*Feb. 12 25 Brookdale Ave., found 1998 Oldsmobile
*Feb. 12 900 block of Goettingen St., vehicle evades officer, vehicle dumped, vehicle towed
*Feb. 12 Visitation Ave. and Hahn St., found 1985 Toyota
*Feb. 13 20 Argonaut Ave., found 1992 Honda
*Feb. 13 1500 block of Sunnydale Ave., domestic violence
*Feb. 13 500 block of Wilde Ave., vehicle with ID removed, towed
*Feb. 14 1600 block of Sunnydale Ave., domestic violence
*Feb. 14 1600 block of Sunnydale Ave., threats, domestic violence
*Feb. 14 900 block of Visitation Ave., death, 58 year-old woman
*Feb. 15 12:05 p.m., 100 block of Tucker Ave., burglary, dirt bike taken, suspect known
*Feb. 15 5:44 p.m., 100 block of Peabody St., robbery, pursesnatch
*Feb. 15 8 p.m., Harkness Ave. and San Bruno Ave., robbery, backpack and wallet
*Feb. 15 8 p.m., San Bruno Ave. and Mansell St., robbery, three suspects strongarm youth
*Feb. 15 1100 block of Girard St., death, 91 year-old man
*Feb. 15 100 block of Rolph St., lost passport
*Feb. 15 Sunnydale Ave. and Hahn St., restraining order violation
*Feb. 15 326 Sunrise Ave., found 1986 Chevrolet
*Feb. 16 8:15 p.m., Arleta Ave. and Alpha St., robbery, two suspects, victim thrown to ground, backpack
*Feb. 16 First block of Blythdale Ave., stayaway order violation
*Feb. 16 400 block of Leland Ave., landlord/tenant dispute
*Feb. 16 Rutland and Leland Ave., found purse
*Feb. 16 First block of Santos St., theft from vehicle

Tips on Buying, Giving, and Using Gift Cards

During the 2005 holiday season, consumers reportedly purchased more than \$18 billion worth of gift cards.

The Federal Trade Commission tells consumers that gift cards, whether purchased from a retailer or a financial institution, may come with strings attached.

In particular, consumers should know that some gift cards have expiration dates; others have fees that can lessen the card's value, including activation fees, transaction fees, monthly maintenance fees, and inactivity or non-use fees. A new consumer alert, Buying, Giving, and Using Gift Cards, available at www.ftc.gov/bcp/online/pubs/alerts/giftcardalrt.htm, offers consumer tips, including:

*Read the fine print before you buy. If you do not like the terms

and conditions, buy elsewhere.

*When buying a card, ask about expiration dates and fees. This information may appear on the card itself, on the accompanying sleeve or envelope, or on the issuer's Web site. If you do not see it, ask for it. Make sure that whatever the salesperson tells you is in writing.

*Check on purchase exceptions. For example, can you use a store-specific gift card at both the physical store and the store's Web site? Can an "all-purpose" card really be used to buy groceries or gasoline?

*Treat gift cards like cash. If your card is lost or stolen, report it to the issuer immediately. You may be out the entire amount on the card. Some issuers will not replace the cards, but others will replace them for a fee.

Bayview Police Station Update

by Bayview Captain Albert Pardini
**Responding to Problems
 San Bruno/Silver Corridor**

In response to the ongoing problem of pedestrian robberies, members of Bayview Station and the Bureau of Investigations Robbery Detail, joined forces to facilitate a robbery decoy operation. On Wednesday, Jan. 25, the team was deployed in the area of San Bruno and Silver. The first decoy (a male police officer slight of build) positioned himself on San Bruno Avenue near Bacon Street. Within a short period of time, three subjects were involved in stealing money from the decoy officer. The officer signaled that he had been victimized and the undercover arrest teams who were monitoring the activity moved in and took three suspects into custody.

A few hours later, the same decoy officer was approached by a subject who engaged him in a conversation. Not long after that the subject began going through the officer's pocket and stole his money. Once again the officer signaled that he had been victimized and the undercover arrest teams moved in and took the suspect into custody.

The team then switched to a new decoy officer (an Asian female police officer). During the next several hours, she walked through the area carrying grocery bags. She was the interest of some subjects in the area but no one attempted to victimize her.

I feel that this effort was very successful since it resulted in two arrests. Additionally, word will get out to the opportunists who have been victimizing members of the community that they police are using decoys in the area. This will hopefully cause them to be apprehensive about victimizing people in the future.

I plan to use this type of operation in the future, unfortunately it takes several officers and it is a risky operation. In the past, the decoy officers have been physically assaulted and suffered broken noses, dislocated shoulders and in 1978 Officer Douglass Gibbs was shot and killed making an arrest in a decoy operation.

Lathrop Avenue

A subject who had been menacing his neighbors for the last several years was arrested. His behavior impacted many of his neighbors and was so egregious that a Court Order to stop the behavior was issued. The subject ignored the Court Order and continued in his behavior. Members of the Bayview Station investigations team obtained an arrest warrant for the subject. Based on the information from the neighbors and the members of Bayview Station, he was determined to be a dangerous individual. In an effort to avoid a violent confrontation, they conducted a "stakeout" of his residence and took him into custody without incident. The subsequent investigation revealed enough evidence to obtain a search warrant for the residence. The investigation team executed the search warrant and recovered an automatic weapon, handguns, silencers, several thousand rounds of ammunition, narcotics, and a small cache of explosives.

Thanks to the ongoing effort by several members of Bayview Station and members of the City Attorney's Office to document this persons conduct and the excellent tactics by the investigations team, the suspect was taken into custody without incident.

Police Cases

*Wednesday, Jan. 11, 2:58 p.m., Mansell St. and San Bruno Ave., Statutory Rape: Because of the sensitive nature of this case, most

of the details of this incident are being omitted. However, it is important for people to be aware of this type of activity, especially if you have young children that use the Internet. On this date and time, Officers responded to San Francisco General Hospital on a report of a rape of a juvenile. The victim, a 14 year-old girl from the Peninsula had been chatting on line with an adult male. She had even met him before near her house without her parents' knowledge. On Tuesday, Jan. 10, the adult convinced her to ride the train to the city where she spent the night with him in a van parked on Mansell near San Bruno. The suspect then drove her home in the morning. Monitor your children's internet activity. If you see people sleeping in a van, call the police.

*Monday, Jan. 16, 6:20 p.m., Brussels and Silliman Sts., Vandalism to Vehicle with Television: The beat officer for the Portola District was on patrol when he was flagged down by several people at Brussels and Silliman. They told him that they just saw a man throw an abandoned TV at a car and walk off. They said that he picked up the TV twice and threw it at the car breaking the window and smashing the door. The suspect then spit in the car and walked away. With the help of the witnesses, the officer located the suspect a couple of blocks away. The witnesses then positively identified the suspect as the man they saw throwing the TV at the car. The officer contacted the owner of the car who did not know the suspect and could not understand why he would throw a TV at her car.

*Tuesday, Jan. 25, 12:59 p.m., 2490 San Bruno Ave., Robbery with Force: The suspect entered the Radio Shack on San Bruno Avenue and started to question a clerk about a portable DVD player. As the clerk was demonstrating the DVD player, the suspect suddenly grabbed the DVD player and told the clerk, "Give me all the money or I'll kill you." Fearing for his life, the clerk opened the cash register. The suspect reached over the counter and grabbed the money out of the cash register, then fled the store. Officers responded to the area, but could not find the suspect. The suspect is an African American man, approximately 25-30 years old, 5'8" with a thin build. He has a light complexion and a shaved head. He also has distinctive scars around his mouth and possibly his neck. At the time of the robbery, he was wearing a gray sweatshirt with black rings around the armpits. The robbery was caught on video tape and pictures of the suspect are at Bayview Station.

*Wednesday, Jan. 26, 12:35 a.m., San Bruno and Silver Aves., Vehicle Recovery: While driving home after getting off work, a police sergeant noticed a Cadillac in the gas station at San Bruno and Silver that had been reported stolen in the Mission earlier. Although the Cadillac had not yet been put into the stolen auto system, the sergeant remembered it from a Headquarters radio broadcast earlier that evening. Officers responded to back up the off-duty sergeant and found three teenage girls in the car. The officers detained the three and transported them back to Bayview Station per department regulations when dealing with teenage girls. An officer then contacted the man who reported the Cadillac stolen. He told the officer that the car belonged to his wife, but he was driving it this evening in the area of Capp and 18th streets. The officer noted to himself that Capp and 18th is an area well known for prostitution activity. The man did not live in that area. The man said that he offered to give the three girls a ride. They agreed, but then asked him if he would step out of his car first. The man complied and the three girls jumped in his car and drove away. Just to make certain that the man was only offering a ride and not engaging in illegal activity himself,

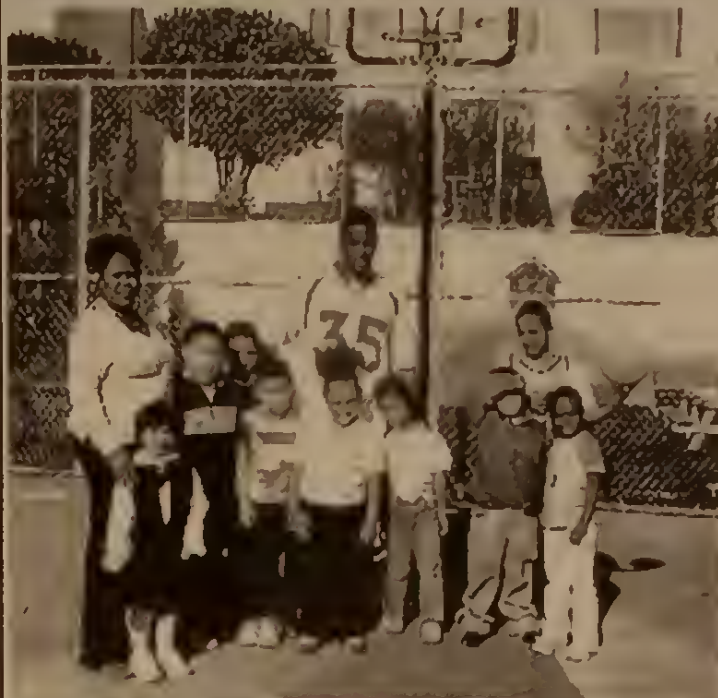
the officer asked the man if he knew that many men pick up prostitutes on Capp Street. The man then refused to answer any further questions and told the officer that he would not press any charges against the three girls and that he just wanted his car back. The Officer reminded the man that the car was actually registered to his wife and that she should come and pick it up.

*Saturday, Feb. 4, 10 p.m., Woolsey St. at Dartmouth St., Crack Cocaine for Sale: Officers attempted to perform a traffic stop in the area of Dartmouth and Woolsey Streets when they saw the driver throw something out of his car window. The officers made a note of its location and continued to follow the vehicle. A block later the car pulled over. They contacted the driver and went back to the location that the driver threw the object. They discovered it was a bag of crack cocaine. It was also learned that the driver was on active felony probation for crack sales. The officers, with the assistance of other officers, went to the suspect's house to conduct a probation search that the suspect freely accepted as terms of his probation. In the suspects' room was nearly 500 packages of crack cocaine individually packaged for sale, in addition to a scale and a portfolio with the street gang "West Mob" scrawled on it. The man was booked for numerous narcotics related charges.

*Sunday, Feb. 12, 2:30 p.m., 700 block of Brussels St., Robbery with a Gun: A pizza delivery man was approached by two men after making a delivery. The one suspect said to the man, "You know what is up, 'G.'" The other male lifted up his shirt and displayed what appeared to be the butt of a handgun. The pizza man relinquished 50 dollars in cash. The first subject is described as a black male 20-25 years old, 6'00" 150 lbs., wearing dark clothing. The second male is described as being 5'07" 130 lbs., wearing dark clothing.

*Monday, Feb. 13, 6:15 p.m., Tunnel and Lathrop Aves., Robbery with Gun, Arrest Made: Two women were robbed in the evening as they exited the CalTrain Station. The two women walked towards the street when they saw two men standing on the corner. The women got an uneasy feeling and crossed the street to get away from the men. The men crossed the street also. The men approached the two women, brandished a gun and said, "Give me all your money." They said that they did not have any money. One of the suspects struck the woman in the back of her head with his hand causing her to fall to the ground. The suspect ripped the purse from the woman. The suspect with the gun struck the other woman on the side of her head with the gun and took her backpack. Both men fled on foot and then into a waiting vehicle. The one woman yelled for help and a few witnesses appeared. Officers soon arrived on scene and a suspect and vehicle description was broadcast over the radio. A few minutes elapsed when an off-duty officer who was listening to his police radio saw a vehicle that matched the description at a gas station on 3rd and Evans. The officer radioed his findings and numerous units moved in. A police sergeant and two officers were the first to make contact. They saw that one of the passengers was attempting to hide what appeared to be a firearm in between the seats. All three occupants were taken into custody. Inside of the vehicle was the stolen merchandise. A "Cold Show" was performed with the witnesses and the victims. The primary assailants were positively identified. All three Bayview/Hunter's Point men were booked for robbery and assault related charges. One of the assailants also happened to be on felony probation for carrying a concealed firearm.

Better Weather Means Outdoor Fun



After quite a bit of stormy weather in recent weeks, pleasant sunny days mean more time to play basketball at Visitacion Valley Community Center.

Something Fishy

Keep an Eye on Your Line

by Gary Klein

For some of you, your rods and reels never get a break. Others might put the fishing tackle aside during the coldest parts of the year or during hunting season. But regardless of how much you fish, there's no reason to take to the water without carefully inspecting your fishing line.

Think about it like this: the only thing that connects you to the fish is your line. Should something happen to it, it could fail to function. You could lose your favorite lure or - worse yet - a large fish. So whether you're digging out your fishing tackle after it has spent a long winter in the corner of the garage or heading out for your umpteenth trip this year, there are a few things to look for on your fishing line.

By far, the worst thing for fishing line is sunlight, especially monofilament line. Sunlight weakens the line, making it stiff and brittle. Even super lines can be altered by the sun and can lose their color. Just like you have to protect your eyes from harmful UV rays with a pair of Coconuts sunglasses, when possible, keep your line out of the sunlight and do your best to keep it dry when not in use. Going from wet to dry over and over again can damage line as well.

Fishing line can suffer nicks and scrapes on rocks, logs and other sharp objects, especially on the terminal end of the line. When reeling in your bait, run your fingers over the line - often times you can feel line damage that you cannot see. Anytime you feel something wrong with the line, retie above the damaged area.

Fluorocarbon line, while not as

susceptible to sun and water damage, can be damaged by the friction from repeated trips through rod guides. Whenever the drop-shot bite is good, I like to spool several spinning reels with fluorocarbon line. But, since line management is so important with a finesse tactic like this, I will respool every rig that I used each night of the tournament. During the day, I pay close attention to how my line lays in the water and its line memory to help me determine if the line is compromised. I see the line better through polarized sunglasses like my Coconuts that fit over my prescription glasses. Watching your line can also help you detect strikes that you might otherwise not feel.

More often than not, I respool my reels not because the line is damaged, but because I need to replenish the supply that I used during the day. I tie and retie so much that I can lose dozens of yards of line in a single outing. But, the heavier the cover you are fishing, the more often you should change your line.

When exposed to the elements and repeated rugged use, fishing line needs regular attention. But stored properly it can last you several years. Whether it is a filler spool or a bulk spool, I keep it in its original box, write the date on the box and keep it in a cool, dry storage locker out of the sunlight and fluorescent light. Even today I am using spools dated 2001.

When you are fishing for money or the fish of a lifetime, new line is the cheapest insurance policy you can have. Before you take your next trip, check out your line and make sure it's sound.

Gary Klein is a two-time BASS Angler of the Year and a 24-time Bassmaster Classic qualifier. Klein lives with his wife and two children in Weatherford, Texas.

Free Trees for Visitacion Valley

April 29, 2006

All Sign-ups must be completed by March 22.

You are invited to plant a tree with us in front of your home or business.

The cost of planting a tree, normally more than \$300 if done on your own, is being subsidized by Friends of the Urban Forest. And, due to special funding, the price is now free!! Act now while this funding still exists!!

What you will get, at no cost to you, includes:

*FUF's help in selecting the right tree for you

*The tree

*City permit processing

*Checking for utilities and clearances

*Concrete removal

*Planting materials and tools

*Experienced staff and planting volunteers to help plant your tree

*A 2-month and 18-month post-planting tree care visit

*A chance to meet your neighbors and to enjoy a potluck lunch with them immediately following the planting!!

Trees help to increase your property value, reduce air and water pollution, reduce energy costs, beautify the neighborhood, block wind, absorb noise and build community spirit!!

If you would like to sign up, please contact Fran Martin, 415-468-0639 (or Karen Noll, FUF Community Outreach Manager, 415-561-6890, x101) before March 22.

And don't forget to tell your neighbors, too!!

Visitation Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300.

ANTIQUES
JIM CHINESE ANTIQUES & AQUARIUM, 144 Leland Ave., 586-1038
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DeMAST'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE, 28 Leland Ave.
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASALOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wide St., 467-3024
LALOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
HERBS
SAN ON HERBS, 33-A Leland Ave., 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
NATIONWIDE PAPER, 345 Schwerin St., 586-9160
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310
DR. SAM HO, MD, 9 Slimman St. No. 4, 337-6135
NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Dwyang Patel), 2858 San Bruno Ave., 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4600
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333-Schwerin St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNAP TO (Century 21), 2488 Junipero Serra Blvd., Daly City 94015, (650) 991-5215, Mobile (415) 830-1235
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave., 731-5011 ex. 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
CLIFFS BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd., 330-0736, Fax 330-9813
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
MISS MATTIE'S SUNFLOWER BLUES CAFE, 107 Leland Ave., 333-8854
PHO Y & G RESTAURANT, 73 Leland Ave., 469-5686
TWO JACKS, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608
SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESS), 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VCC), 50 Raymond Ave., 467-6400
VCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJET), 1099 Sunnydale Ave., 239-2866
TAVERN
THE CLUB HOUSE, 25 Blanken Ave.
TELEPHONE
O & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Yardcare Tips of the Month

Pruning Equipment Basics

Late winter and early spring are prime time for pruning and trimming. Having the right tool for the job is the first step to successful landscape clean up. Here is a brief list of pruning tools to help you choose the best cutter for the task.

Hand Pruners

Hand pruners or shears are used to cut stems and branches up to 1/2 inch in diameter. There are two common types of hand pruners: Bypass Action and Anvil Action.

Bypass action is similar to a pair of scissors. A thin sharp blade passes by (thus the name) a thicker sharp blade. Experts recommend using bypass on green wood because it provides a cleaner, closer cut. Anvil pruners use a sharp blade that cuts onto a broader, flat blade. Its splitting action makes it great for cutting dry branches and stems.

New Trends

*Ratcheting action pruners – the type that feature gear-driven cutting action is easier on your arm and hand muscles. Look for ratcheting action hand pruners, loppers and pole pruners too.

*The latest innovation in hand pruners is a rotating handle feature. The handle curves your fingers toward your palm as it cuts, reducing hand fatigue.

Quick Tips:

*Pick a hand pruner that fits your hand comfortably. You shouldn't feel like you're stretching your hand to either open or close the pruner.

*If you're left handed look for a product designed to fit your left hand.

*Look for pruners that have a small oil reservoir, so you won't need to oil them after every use.

Lopping Shears or Loppers

Loppers are pruners with long handles that provide extra reach. You use both hands to operate the loppers, which provides more leverage for cutting branches up to about 2 inches in diameter. Loppers are

great for trimming trees and bushes and typically feature one sharp blade for cutting and one flat or curved blade to hold the branch in place.

Pole Pruners

Pole Pruners are made to reach smaller, out-of-the-way tree limbs. The cutting mechanism is similar to a loppers, usually with a hooked or flat blade that holds the branch and a cutting blade to do the trimming. The blades are operated by pulling on a rope. The pole itself is typically either telescoping or in several sections that fit together, allowing you to set the exact length.

Quick Tip

*Debris can be tricky to control when you're using a pole pruner. Make sure you're not standing directly under any tree or bush you are trimming and remember to wear eye protection.

Pruning Saws

If a branch can't be trimmed with a hand pruner, it's time to bring out the pruning saw. Pruning saws are great for branches up to about 4 inches in diameter. (For anything larger and you may want to use a tree saw.) A typical pruning saw features a straight or curved blade and will cut on the pull stroke (as you pull back.) The teeth of the saw are set wider apart to keep it from getting caught while plowing through the wood. Look for pruning saws with folding blades that protect the teeth and make them easy to carry around.

Yardcare.com is a combined effort of The Toro Company and select experts in fields of lawn care, gardening and landscape design.

Crossword Puzzle Solution

M	A	R	I	S	R	O	C	T	I	A	L
A	N	O	A	U	C	A	I	D	A	E	
I	C	O	N	D	A	R	E	A	R	N	
L	E	S	S	E	E	G	A	R	R	E	T
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V	I	M	I	N	A	L	T	E	N	O	N
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A	V	O	C	E	T	V	A	L	I	S	E
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FAMILY & COMMUNITY SERVICES CENTER

VISITACION VALLEY COMMUNITY CENTER, INC.

Parenting Counts Workshops A Focus on Early Learning

How Children Think, Feel and Learn
5:30 to 7:30 p.m. at 161 Leland Ave.

*Thursday, March 16: Parentese
Parents' Importance in Language Development

*Thursday, March 23: Testing
Parents Understanding of Children's Five Senses

*March 30: Stress

Parents Learning to Calm a Baby's Stress

Produced by KCTS Seattle, with assistance
from Talaris Research Institute
Facilitated by: FCSC Staff



For more information, contact the staff of
Family and Community Services Center:
Meriam T. Abalos, FCSC Director
Marichelle Punzalan, Tammie Lawrence,
Joyce Boone, Elaine Cheung

Monday and Friday: 9 a.m. - 4:30 p.m.

Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.

Saturday: 9 a.m. - 3:30 p.m.

Email: meriam_vvcc@sbcglobal.net

161 Leland Avenue

Parenting Workshop, 5:30 to 7:30 p.m.
Thursday, March 9 at 161 Leland Ave.

Guest speaker from Asian Law Caucus on Workers' Compensation

Parent's Advisory Council Meeting, 5:30 to 7:30 p.m.
Friday, March 10 at 161 Leland Ave.

Training on Shared Governance and Parliamentary Procedure

Men's Class, Wednesdays 6 to 8 p.m.
March 1, 8, 15, 22 and 29 at 161 Leland Ave.

Parents' Support Group: Parenting and Discipline
Monday, March 13, 5:30 to 7:30 p.m. at 161 Leland Ave.
Facilitated by: Julia Carmen, Before The After

Individual and Family Counseling, 4:30 to 5:30 p.m.
Monday, March 13 at 161 Leland Ave.

For appointment, call Julia Carmen at (650) 738-8045 or FCSC Staff

Father Support Group, 1:30 to 2:30 p.m.
Friday, March 17 at Britton Courts, 1259 Sunnydale Ave.

Financial Literacy Workshop, 8:30 to 10 a.m.
Thursday, March 23 at 824 Carolina St.
Guest speakers from Patelco Credit Union give tips on saving

Free Food Distribution, 3 to 4 p.m.
Monday, March 7, 14, 21 and 28 at 161 Leland Ave.
Emergency food box available anytime. For more
information, call (415) 586-6998, Monday-Friday, 9 a.m.-5 p.m.

(415) 586-6998 Fax 586-8027



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